



Serves: 4

# HOKKAIDO TOFU ISLAND

## Ingredients

- Tomato 2
- Silken tofu 200g\*
- Celery 4 stalks

### Dressing

- Sesame oil 1 tsp
- Mirin 2 tsp
- Soy sauce 1 tsp\*
- Sesame seeds 1 tsp
- Water 1 tbsp

*\*Choose products with the Healthier Choice Symbol.*

### Tips:

- Make your own healthy salad dressings to control the amount of fat, oil or seasonings.
- Beancurd, pulses, lentils, peas and beans are good sources of protein and low in saturated fat. They can be used to replace meat in some dishes.

## Method

- Rinse tofu, pat-dry and cut into 1/4-inch slices. Sandwich between paper towels so as to absorb as much water as possible.
- Mix ingredients for the dressing.
- Combine tofu, tomato and celery and then toss with salad dressing.
- Serve chilled.

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 59kcal

Protein 3.6g

Total fat (g and % of total calories) 2.5g  
(36.4%)

Saturated fat 0.5g

Cholesterol 0mg

Carbohydrate, 6.3g

Dietary Fibre 1.9g

Sodium, 104mg