



Tofu, Avocado and Bocconcini Salad

Makes 1

Ingredients

- 100gm honey soy tofu
- 100gm cucumber
- Pomegranate arils (to top)
- ¼ avocado
- 4 cherry bocconcini
- 6 roma, cherry or sweet solonato tomatoes.
- 100gm spinach
- 1 tablespoon hummos

Steps

1. Cut up the avocado and cucumber
2. Place the spinach, bocconcini tomatoes and cucumber in a bowl.
3. Lightly cook the tofu in a fry pan – this should take only 1 minute per side.
4. Once this is cooked place the tofu in the bowl and place the hummos on the side of the bowl as the dressing.

