



DIANA WRIGHT

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

SEARED TOFU WITH MANGO, SPINACH & RED ONION

Takes 30 mins plus 10 mins marinating
Serves 2

1 250g pack firm tofu, cut into 12 slices
1 tbsp dark soy sauce
2 tbsp light olive oil
1 tbsp sesame seeds, toasted
1 firm, ripe mango, cut into 12 slices
1 225g pack washed baby spinach
1 tbsp maple syrup
1½tbsp soft brown sugar
Squeeze of lime juice
2.5cm (1in) piece fresh ginger, grated and squeezed to extract juice
Shot of Tabasco
½ small red onion, thinly sliced
Salt and freshly ground black pepper

Dip the tofu in the soy sauce and leave in the fridge for at least 10 mins to marinate.

Heat half the olive oil in a frying pan. Add the tofu and sesame seeds and cook until the tofu is golden brown and coated in the seeds. Remove from the pan.

Scrape off all the sticky bits from the pan, then heat the remaining oil and sauté the mango for 1 min on each side until seared and caramelised. (If the mango is not ripe enough, sprinkle over ½tbsp sugar before sautéing.) Set aside.

Heat the spinach in a separate pan over a high heat until wilted, and then squeeze out any excess liquid. Season lightly with salt and pepper and add a dash of olive oil. Keep warm while you make the dressing.

Put the maple syrup, brown sugar and lime juice in a frying pan over a gentle heat. Wait for the sugar to dissolve and for the dressing to bubble gently, and then quickly stir in the ginger juice (discarding the ginger pulp) and Tabasco. Remove from the heat.

Divide the spinach between two warmed plates and top with the mango and tofu. Garnish with a few red onion rings and pour the dressing over and around.

Serve immediately.

Calories 421kcal, Fat 22g, Carbs 43g, Protein 16g, Calcium 912mg, Iron 7mg, Sodium 1g, Added sugar 14g.

11 Mortens Wood
Amersham
Buckinghamshire
HP7 9EQ

Tel/Fax 01494 722777
nutrition@dianawright.co.uk
www.dianawright.co.uk

Registered BANT practitioner