

# COUSCOUS SALAD WITH TOFU



Magazine  
Ago. | Set. 12

Images: Longevity Wellness Resort  
Chef: Jan Stechemesser



## INGREDIENTS

- 200g Couscous
- 1 Red onion, medium size, cut in julienne
- 50g Cherry Tomatoes cut in half
- 100g pre cooked mangetout
- ½ small Red chili, chopped without seeds
- 100g Grilled or oven roasted portobello mushrooms cut in julienne
- 100g Smoked tofu cut in cubes
- 10g roasted and chopped walnuts
- 1 Orange in segment
- Seeds of half pomegranate

## FOR THE SEASONING

- Fresh coriander leaves
- Cumin powder
- Juice of 1 Lime
- Flor de sal and white pepper

## METHOD

Prepare the couscous and leave to cool in a bowl • Sauté the cubed Tofu in olive oil until the Tofu is slightly browned and add flor de sal • Add to the couscous in a bowl and season to your taste