

Warm Tofu And Pomegranate Salad



Explore our delightful recipe for Warm Tofu and Pomegranate Salad. This vibrant salad combines marinated tofu, juicy pomegranate seeds, and a medley of fresh greens, creating a flavorful and satisfying dish that's perfect for any season.

Preparation 20 min

Cooking 40 min

Servings 4

Nutrition Facts (per serving)

Calories 460

Fat 28

Carbohydrates 31

Fibre 8

Protein 27

Sodium 800

Ingredients

- 1 medium sweet potato, peeled and cubed
- 10 ml (2 tsp) ground ginger Salt and pepper to taste
- 15 ml (1 tbsp) avocado oil (or other oil)
- 1 block (454g) firm tofu, cubed 15 ml (1 tbsp) soy sauce
- 15 ml (1 tbsp) fresh ginger

- 1 zucchini, cut into half rounds
- 1 seeded pomegranate (click here for an easy and effective method)
- 1 avocado, cubed
- 4 cups spinach (about 140g)
- 65 ml (1/4 cup) pumpkin seeds

Vinaigrette

- 30 ml (2 tbsp) rice vinegar (or white wine)
- 30 ml (2 tbsp) toasted sesame oil
- 15 ml (1 tbsp) soy or tamari sauce
- 1 clove garlic, chopped
- 5 ml (1 tsp) ground ginger

Preparation

1. Preheat the oven to 425°F (230°C). Line a box plate with parchment paper.
2. On the baking sheet, mix the sweet potatoes with the oil, ginger, salt and pepper. Cook for about 30 minutes, stirring occasionally, then let cool.
3. Meanwhile, in a non-stick skillet, brown the tofu in oil with the soy sauce, fresh ginger and pepper for about 5 minutes, stirring occasionally.
4. Add the courgette and continue cooking for 5 minutes.
5. In a large bowl, place the sweet potatoes, tofu and zucchini mixture, avocados, spinach and pomegranate seeds and mix.

Notes



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