

# LighterLife Management

## Week 1 Recipes:

### Crispy tofu salad with baby leaf spinach

Tofu is a really versatile ingredient, soaking up flavour like a sponge – so it's idea for marinating.

**Serves: 1**

Nutrition per serving:

207 kcal, 23g protein, 6g carbs, 11g fat, 1g fibre

#### Ingredients:

- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1 garlic clove, crushed
- 1 tsp Chinese 5 spice
- 150g firm tofu pieces
- 1 large handful baby spinach

#### Method:

1. Mix together the soy sauce, lime juice, garlic and 5 spice.
2. Add the tofu and marinate for 30 minutes, then remove, reserving the marinade.
3. Cook the tofu under a medium-hot grill for 6 minutes each side, until it's all starting to colour up and go crispy.
4. Serve with the baby spinach, drizzled with the left-over marinade.

#### Tips:

- This is also great with precooked king prawns – marinate in the fridge, then serve.
- Foodpack matches: great with a Thai Noodles FastPot, or try with half a Peanut bar crumbled over the finished salad.