

MEXICAN INSPIRED QUINOA BOWL W/BBQ TOFU CROUTONS & LIME AVOCADO CREAM [VEGAN & GLUTEN FREE]

Salad Serves: 2-3

Tofu Prep, Marinating & Cooking: 5hrs -12hrs

Salad Prep (Inc. of cooking): 30-40 mins

Assembly: ≤5 mins

Type: Main Meal

Tools: Plates, kitchen paper, chopping board, sharp knife, veggie peeler, baking tray, parchment paper, colander, mixing bowls, measuring jug, food processor, silicone spatula

Courtesy of: Eat2Health Blog



Inspired by Mexican tastes, we added some fun and playful ingredients that have plenty of flavour, creating a delicious Mexican-inspired quinoa bowl! It's a great combination of fluffy quinoa, fresh salad vegetables, juicy mango mixed with a fresh, vibrant and tangy lime salad dressing. Topped all off with our meaty (and smoky) BBQ tofu croutons and 'lime' avocado cream (yup, it's a new twist on our old favourite!) and you're in for an ultimate salad bowl experience. Happy cooking everyone!

Ingredients

<p><u>Smoky BBQ Tofu Croutons (tofu & marinade) /Serves:6</u> 800g Firm tofu (= 2* Tetrapaks) 4tbsp Soya sauce/low-salt (or Tamari as a GF option) 2.5tbsp Maple syrup 4.5tbsp Olive oil ½ tsp Asafoetida 2g Smoked paprika ½-1tsp English mustard 2-3g Garlic salt</p>	<p><u>'Lime Avocado Cream'/Serves:3-4</u> 1 Ripe avocado pear 1 tbsp Fresh coriander leaf (*optional) ½ Cup Soya yoghurt (fortified & unsweetened recommended) 2-3 tbsp Lime juice (fresh or concentrated) ¼ tsp Lime Zest 1 tbsp Apple cider vinegar 20g Tahini ¼ tsp Ground cumin Pinch of salt Pinch of red chilli flakes (*optional)</p>
<p><u>Quinoa Salad Bowl</u> 1¼ cup Dried quinoa (250g) 380g Baby plum tomatoes 160g Tinned sweet corn kernels* (*in unsalted water) 140g Carrot (1 medium) 60g Spring onion (about 4) 260g Orange bell pepper 30g Red chilli 10g Fresh coriander 400g Mango, ripe Salt & black pepper</p>	<p><u>Tangy Lime Salad Dressing</u> 3 tbsp Lime juice 1-2 tsp Lime zest 2-3 tbsp Rapeseed oil 1 tbsp Cider vinegar ½ tsp Ground cumin ½-1 tbsp Fruit sweetener (or maple syrup)</p>

Directions

1. If using, **prepare the Smoky BBQ Tofu Croutons** in advance. *Tip: Unless you are doubling the salad recipe, you can 'halve' the BBQ tofu croutons recipe. If desired, feel free to add a pinch of mild or hot chilli powder to spice things up!*
2. **Cook the quinoa.** Place 1¼ cups dried quinoa into a large sieve and rinse it under cold running water for 30-60 seconds. *Tip: This will help remove some of its bitter taste.* Transfer the quinoa into a small non-stick pot. Add 2 ½ cups water. Stir together. Cover with a lid (without a steam vent). Place the pot over a med-high heat. Bring to a boil. Simmer and cook for about 6 mins or until the grains have absorbed the water. Remove from the heat and leave covered for 15-20 mins. *Tip: Do not peak, not even a little! Leave the grains to steam and finish cooking off of the heat. Don't worry if it remains covered for longer than 20 mins, it will still be OK!*
3. **Prepare the salad vegetables.** Wash and then slice the tomatoes into halves (vertically). Open and drain the sweet corn in a colander. Wash, peel, trim off the top and then finely grate the carrot. Wash, trim the ends and then finely slice the spring onion. Wash, remove the stem and core and then chop the bell pepper into ½ cm pieces. Wash, remove the stem, de-seed (if preferred) and then finely dice the chilli. Wash and dry the coriander; remove the leaves from the stems and roughly chop them. Peel the mango; carefully slice the ripe flesh away from the stone and roughly chop it into cubes. Place all of these ingredients (but not the mango into a large mixing bowl). Toss together. Season it with a little salt and a few grinds of black pepper to taste.
4. **Prepare the tangy lime salad dressing.** If preferred, use a fresh lime; wash the lime, grate some zest and then juice it using a manual juicer. Pour 2 tbsp rapeseed oil into a large measuring jug. Add 3 tbsp lime juice, as much lime zest as desired, 1 tbsp cider vinegar, ½ tsp ground cumin and ½-1 tbsp fruit sweetener (or maple syrup). Use a fork and whisk together until combined. Taste and season as necessary.
5. **Prepare the 'Avocado Cream' to transform it into 'Lime Avocado Cream'** using the following amendments: add 1tbsp fresh coriander (not parsley), 2-3 tbsp lime juice (not lemon juice) and the new addition of ¼ tsp lime zest and ¼ tsp ground cumin. Place all of the prepared and requested ingredients into a food processor. Process the mixture until smooth, creamy and uniform in colour. Taste and season it as necessary.
6. **Assemble the salad bowl.** Fluff the cooked grains of quinoa with a fork. Transfer it into a large mixing bowl. Transfer the salad vegetables into the bowl of quinoa. Pour the salad dressing evenly over the salad. Gently and thoroughly toss together.
7. **Serve.** Spoon some of the quinoa salad into a large serving bowl. Toss over about 1/3 quantity of the BBQ tofu croutons and a little bit of mango (if preferred, toss together). Dollop a spoonful of the lime avocado cream onto the centre of the salad. If desired, garnish with some chopped coriander leaf, red chilli flakes and/or sliced spring onion.

Enjoy!

Tip: Refrigerate any leftover salad in an air-tight and resealable container; keep the mango, tofu croutons and lime avocado cream in separate and individual containers. Consume the salad within 2-3 days, tofu croutons within 4-5 days and the lime avocado cream within 1-3 days. NB: If your avocado is really ripe, then ideally you should consume this cream on the same day that it's made.

Notes:

- Overall we were pleased with it. The only problem we incurred was that our mango wasn't ripe so we didn't add it to our salad; oops for not checking and ripening it ahead of time! However, we are thoroughly recommending that you do. :)
- For recipe ease, we have linked the other recipes you will require to help keep this recipe's total ingredients (at least on this post!) down to a minimum.
- If you fancy preparing this quinoa salad without the mango, avocado cream and/or tofu croutons, you might want to use slightly more dressing or lime juice/zest to help give your quinoa salad some oomph!
- If you would prefer to have the chilli tasting a little less 'raw', mix it into the salad dressing (before serving) and do not add it into the mixture of salad vegetables.
- If you don't fancy using our 'lime avocado cream' you can always slice up some fresh (and ripe) avocado and serve this over your salad instead.
- As we always want you have your tofu tasting as tasty as possible, try marinating it overnight (it's the perfect solution for cooking ease!) or for a minimum of 4hrs. If you prefer not to use our Smoky BBQ tofu croutons, you can always substitute them for your favourite type of baked tofu or some cooked black, pinto or your favourite type of bean!