

Oriental Potato Salad



Not only the colours are lovely – also the taste is divine.

Spicy hot marinated tofu with vegetables, oriental couscous and sweet and sour pomegranate seeds.

This salad gets better with every hour, so make sure to prepare some for your next days lunch as well!

This recipe will feed 4 people.

Ingredients

500g tofu
2 red bell peppers
100g baby spinach
4 shallots
2 chillies
2 tbsp maple syrup
1 tbsp sesame oil
3 tbsp soy sauce
500g potatoes
150g couscous
200ml vegetable stock
1 pomegranate
Herbal salt, pepper
½ teaspoon of chilli flakes
4 tablespoons of olive oil
1 tbsp apple cider vinegar

Instructions

- Cut the tofu into cubes and marinate with the maple syrup, soy sauce, sesame oil, and chilli flakes and let stand for 30 minutes.
- Bring the vegetable stock to the boil, pour over the couscous and let it soak until it is soft.
- Cut the potatoes, shallots and red peppers into cubes, cut the chillies into rings, add everything with the tofu in a bowl and mix with 2 tablespoons of olive oil, salt and pepper. Pour in a baking form.
- Place in the oven at 200 C (non fan) and bake for 30 minutes.
- Take out of the oven and let cool for about 10 minutes.
- Then add the spinach, pomegranate seeds and couscous. Season with 2 tablespoons of olive oil, the apple cider vinegar, herbal salt and pepper.
- A little maple syrup can also be added if desired.
- Mix everything well and serve.
- Great to store and have it next day for lunch.