

# Tofu and Courgette Quinoa Salad

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**CAL: 374    PROTEIN: 12    CARBS: 41    FIBRE: 6    FAT: 18**



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**SERVES:**

6



**TIME:**

35 minutes



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## INSTRUCTIONS

Start by cooking quinoa according to packet instructions.

Heat a barbecue or grill plate over high heat. Baste courgette and corn cobs with oil and grill for about 10 minutes, turning regularly so all sides are cooked.

Cut corn from the cob and transfer to a large bowl with the courgette.

Next, baste the tofu with maple syrup and chilli sauce and cook on the grill for 3 minutes each side.

Add quinoa, lemon zest, juice and chilli to the courgette and corn and toss well. Top with tofu and sprinkle of salt & pepper.

Finally sprinkle with chopped almonds.

## INGREDIENTS

500g quinoa  
400g courgette, cut into thick slices  
2 corn on the cobs  
1 tbsp olive oil  
600g firm tofu, sliced  
1 tbsp maple syrup  
2 tsp chili sauce  
1 lemon, zested & juiced  
2 small red chillies, finely chopped  
100g almonds, chopped

## MACROS

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