

Tofu Salad Dressing

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An excellent and unusual way to serve tofu, this recipe blends tofu with oil, vinegar, basil and soy sauce to create a creamy, delicious yet healthy salad dressing that is packed full of protein.

Ingredients:

280g soft tofu
5 tbsp. extra-virgin olive oil
3 tbsp. rice vinegar or the vinegar of your choice
Handful freshly chopped basil
3 tsp. soy sauce
Salt and pepper to taste

Directions:

1. Whisk together the tofu and olive oil in a bowl until you have a thick, smooth, mayonnaise like consistency.
2. Add the vinegar, basil, soy sauce and salt and pepper to taste and whisk until smooth. Will keep in the fridge for a couple of days in an airtight jar or container.

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