

Salad with fried tofu, mango, avocado, cucumber and orzo noodles

Total time **30 mins** 30 mins preparation time

Nutritional facts (per portion):

2,202 kJ / 526 kcal

INGREDIENTS

4 portion(s)

400 g	of natural tofu
11 tbsp	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
200 g	of orzo pasta
240 g	of avocado
1	cucumber (approx. 200 g)
240 g	of mango
160 g	of lettuce mix
Dressing:	
100 g	of natural yoghurt
2.5 tbsp	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>

PREPARATION

Step 1

Slice the tofu, put it in a glass bowl and add the Ponzu. Marinate it in the refrigerator for 20 minutes.

Step 2

Meanwhile, peel the mango, the avocado and cut them into slices.

Step 3

Also cut the cucumber into slices.

Step 4

Cook the pasta according to the instructions on the package.

Step 5

Fry the tofu in olive oil in a hot pan (you can use a grill pan).

Step 6

Prepare the dressing in a bowl: mix yoghurt with Ponzu.

Step 7

Arrange the pasta, salad mix, avocado, mango, cucumber and tofu on the plates. Garnish with dressing.

