


COUS COUS AND TOFU SALAD

 GRAN RESERVA CARIGNAN

 4 servings

 20 min

 difficulty: easy

 VEGAN RECIPE

INGREDIENTS

- 1 cup cous cous (200 g / 7 oz)
- 1 bag mixed greens
- 1 package fresh tofu
- ½ red bell pepper
- ½ yellow bell pepper
- ½ green bell pepper
- ½ zucchini
- 1 cup coconut milk (200 ml / 6.8 fl oz)
- 1 tsp honey
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1 tsp Dijon mustard
- salt and pepper to taste

PREPARATION

1. In a bowl add cup cous cous with cup of boiling water to hydrate, cover bowl with plate, wait 2 minutes and set aside to cool.
2. In a baking dish add the peppers with some olive oil, salt and pepper, and bake for 30 minutes at 180°C (356°C). Check from time to time to verify that they are browned. Remove from oven and while they are still warm, remove skin and cut them into strips or medium sized rhombuses, remove seeds and set aside.
3. Slice zucchini lengthwise and sauté for 2 minutes on each side with some olive oil until golden brown, set aside.
4. In a salad plate, assemble mixed leaves, place cous cous on top of them in the form of rain, then the peppers, zucchini and finally tofu cut into cubes.
5. **For the dressing:** in a small bowl, stir honey, vinegar, olive oil and mustard with a fork until it becomes an emulsion, sprinkle with salt and pepper and serve over salad.

