

Salad Nicoise

Ingredients

1 block tofu
2 tbsp nutritional yeast
2 tbsp sunflower or avocado oil
Juice ½ to 1 lemon
1 tsp black salt
1 large or 2 small cos lettuce or rocket
3 Dutch cream or Sebago potatoes, medium, ideally not peeled but for a good looking salad peel and cut in rounds and boil for 10 minutes or until tender, let cool
1 chilli sliced (optional)
1 can jackfruit
¼ cup mayonnaise
<https://www.veets.com.au/blog/preservative-free-vegan-mayonnaise>
1 tbsp chopped capers
1 sheet nori roll
Green beans cut in half and steamed
½ to 1 cup black or Kalamata olives
2 spring onions sliced
12 cherry tomatoes sliced in half

Dressing

Juice 1 lemon
2 tbsp white wine vinegar
3 tbsp olive oil
1 tsp Dijon mustard
1 clove cooked garlic minced
Salt and pepper to taste

Method

1. Cut the tofu into small squares then marinade in the nutritional yeast, black salt , lemon juice and oil and let sit while you cook the beans and potato.
2. Strain the jackfruit from the tin and break it up so it looks like shredded tuna, mix with the capers and mayonnaise and scrunch up the nori roll into tiny pieces and also mix that with the jackfruit along with salt and pepper to taste.
3. To make the dressing place everything in a jar and shake well.
4. Fry the tofu in the marinade until the tofu soaks it up and the tofu starts to brown a little.
5. To assemble the salad you can put the jackfruit in the centre of a platter then surround it with the washed lettuce and pile on the tomatoes, olives, chilli, green beans and potatoes and top with the cooked tofu pieces. Drizzle on the dressing or serve on the side.

