

## Chilli Lime Tofu

### Quinoa - an ancient grain:

- 3/4 Cup Quinoa
- Zest from 1 lime
- 2 - Bruised Cardamom Pods
- 1 - Small stick of Cinnamon
- 1/4 Tsp. Salt
- 1 1/3 Cup Water

- ☐ Rinse quinoa in cool water, drain well.
- ☐ Combine quinoa, lime zest, cardamom, cinnamon and salt in pot with tight fitting lid.
- ☐ Bring to a boil, then cover and reduce heat to low.
- ☐ Cook for 20 minutes, turn off heat and let stand for 10 minutes.

### Sweet Chilli Lime Sauce:

- 5 Tbsp Sugar
- 5 Tbsp Soya Sauce
- 3 Tbsp Fresh Lime Juice
- 3 Tsp. Red Chilli Flakes
- 3 - Cloves Garlic, Minced
- 1/4 Tsp. Salt
- 6 - Mint Leaves, rolled and thinly sliced.

- ☐ Wisk together all ingredients for sauce until sugar and salt are completely dissolved.

### Final Prep:

- 1 pkg 14 oz. Extra Firm Tofu
- 1 bunch Collard Greens, Middle Veins Removed, Washed
- 2 - 3 Tbsp Water
- 1 Pinch Salt
- 1 Tsp. Fresh Lime Juice

- ☐ Drain tofu and cut into small triangles (cut into 8 slices, then cut each slice diagonally for 32 triangles).
- ☐ Heat non-stick skillet over medium heat. Tofu should cook without oil.
- ☐ Spread tofu out in one layer in pan. Using a spatula, press the tofu until the liquid squeezes out.
- ☐ Allow liquid to boil away and tofu to turn golden brown. Repeat for both sides.
- ☐ After about 10 minutes of "dry" frying, turn off heat and set tofu aside.
- ☐ Stack collard leaves on top of each other and roll into cigar shape. Slice in 3/4" segments, then cut through segments to make smaller pieces.
- ☐ Add collards to shallow pan with the water, salt and lime juice. Cover and cook for 3 - 4 minutes until greens are steamed and tender.
- ☐ To finish tofu, heat the pan and the tofu over high heat, making sure the tofu is hot all the way through.
- ☐ Add sauce to coat the tofu. Keep the heat on high until sauce reduces and creates a glaze.
- ☐ Arrange collards atop a bed of quinoa. Add tofu on top and drizzle with any remaining sauce from pan.
- ☐ Garnish with lime slices and mint leaves.

**Yield:** Serves 2 - 3

**Comments:** 1) Can be served with rice instead of quinoa.