

Tofu spring roll, vegetables julienne, crispy salad, rice vinegar and soy sauce

Recipe for 4 persons

Description

Spring roll in a lettuce leaf with tofu and rice vinegar sauce.

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Ingredients

Tofu and vegetables

- 1 Unit(s) Tofu
- 1 Unit(s) Carrot
- 0.50 Unit(s) Cucumber
- 4 Unit(s) Radish
- 4 Sprig(s) Fresh cilantro
- 1 Unit(s) Green onion
- 1 Head(s) Boston lettuce

- Vegetable oil
- Salt and pepper

For the sauce

- 200 Ml Rice vinegar
- 0.50 Tsp Fresh ginger
- 10 Ml Soy sauce
- 15 Ml Roasted sesame oil
- 2 Clove(s) Chopped garlic

- Vegetable oil
- Salt and pepper

Preparation

- Preparation time **45 mins**

For the tofu

Cut some tofu sticks, 8 pieces 10 cm long 1cm on the side.

In a hot pan with vegetable oil, sear on each side until coloration and reserve in on a scott towel.

For the vegetables

Peel the carrots, cut some julienne 10 cm size through the mandolina, reserve it in a ice bath.

Wash the cucumber and cut some julienne 10 cm size through the mandolina. Wash the radish, slice it in the mandolina 2mm thick and julienne it with you chef knife, reserve it in a ice bath.

Pick the leaves of cilantro, the leaves of salad and mince the green onions.

For the sauce

Shred the ginger with the microplane, put it in a bowl. Add all the other ingredients and mix it well,

fix the seasoning.

For the plating

Place a nice leave of lettuce on the table, stuff it with some vegetables, some cilantro, tofu and roll nicely the lettuce to form the spring roll. Serve with the sauce on the side.

Bon appétit!