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Curried Lentil Salad With Kale and Tofu

Prep time: 5 min. Cook time: 20 min.

Serving size: 1 bowl

Recipe yields 1 serving.

Ingredients

3/4 cup lentils

1-1/2 cups water

1 tbsp finely chopped shallot

2 tsp finely chopped fresh ginger

1 tsp curry powder

2 tbsp sherry vinegar

1 tbsp olive oil

1/4 cup chopped cilantro

2 cups finely shredded kale

5 oz. firm tofu

2 tbsp soy sauce

Directions

1. Sweat the chopped shallot and ginger in a saucepan on low heat. Add the lentils and curry powder.
2. Cook for a minute, then add the water. Simmer until the liquid has evaporated and the lentils are tender, about 20 minutes. Allow to cool.
3. Cut the tofu into 1/4-inch chunks, and marinate in soy sauce.
4. Finish the lentils by adding in the remaining ingredients. Serve topped with marinated tofu.