

Recipe for

Summer tofu wraps

NAME OF DISH

FROM THE KITCHEN OF

Hippy Highland Living

SERVES 2-3 people

A fresh summer lunch.
Mix and match fillings
to suit you!

INGREDIENTS

Half a block of firm tofu (recommend Tofoo)
Wraps
3 tbsp olive oil
1 tbsp balsamic vinegar
2 tbsp lemon juice
2 garlic cloves
1 tsp dried oregano
1 tsp dried thyme
Salt & pepper
2 tsp nutritional yeast
Black olives
Cherry tomatoes
Cumber
Handful of greens
4 tsp vegan mayonnaise

DIRECTIONS

1. Mix the olive oil, balsamic vinegar, lemon juice, garlic, herbs, nutritional yeast, salt and pepper in a Tupperware container
2. Chop the tofu into 4-6 strips and place in Tupperware. Coat in marinade and let it marinate in the fridge for 3 hours or preferably overnight
3. Fry the tofu until the sides are golden brown.
4. Spoon mayonnaise onto the wraps and fill with the tofu strips and salad vegetables. Enjoy!

