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UNIDADE 7 – Receita 3

Tofu Marinado

para 2 pessoas

Quantidade / Ingredientes

250 g tofu

2 colheres de sopa de óleo

4 colheres de sopa de molho de soja

2 colheres de sopa de xerez (opcional)

2 limões (orgânicos)

¼ pimenta malagueta ou pimenta
vermelha, picada finamente

10 rabanetes, cortados em rodela

1 molho de cebolinhas, cortadas em
rodela finas

1 pitada de sal marinho

1 pitada de pimenta moída na hora

Azeite

Preparação:

- Secar o tofu com um pano e corte-o em fatias finas, depois marine com o molho e coloque num prato.
- Molho: Misture o azeite, o molho de soja, a xerez e o sumo de um limão, tempere com sal marinho e pimenta.
- Preparar a malagueta ou a pimenta, retire as sementes, pique finamente, adicione ao molho e deixe repousar durante 30 a 40 minutos.
- Adicionar as fatias de rabanete, cebolinha e casca de limão picada, e azeite por cima antes de servir.





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