

TO VEGETABLES  
**with love**

## Cabbage, apple and tofu salad with sweet caraway dressing

© Hetty Lui McKinnon for To Vegetables, With Love

The caraway brings in warm anise / licorice notes with hints of citrus. I also love adding seeds to dressings for a slight crunch. The texture is fun. If you don't have caraway, you could substitute with fennel seeds.

Serves 4-6

### **Sweet caraway dressing**

1 small shallot, finely chopped  
1 clove garlic, grated  
1 teaspoon caraway seeds (or sub cumin)  
2 teaspoons grain or dijon mustard  
2 tablespoons apple cider vinegar  
4 tablespoons extra virgin olive oil  
2 tablespoons maple syrup or honey  
1/2 teaspoon sea salt  
Black pepper

### **Salad**

extra virgin olive oil  
450g - 500g (about 1 pound) extra firm tofu, sliced into 1.25 (1/2-inch) pieces  
sea salt and black pepper  
1/2 small purple or green cabbage (about 600g 1 1/3 pounds), halved and finely sliced  
1 apple, core removed and cut into matchsticks  
50g (1/3 cup) toasted almonds  
Large handful dill, chopped  
2 tablespoons nutritional yeast or grated cheese such as parmesan or pecorino(optional)

To make the dressing: place the shallot, garlic, caraway seeds, mustard, apple cider vinegar, olive oil, maple syrup or honey, sea salt and a few turns of black pepper into a large bowl (large enough to fit the cabbage and apple) and whisk to combine. Set aside for 10 minutes while you prep the tofu (this time will soften the bite of the shallot and garlic and allow the flavors to meld).

Meanwhile, heat a large skillet on medium high heat. When hot, drizzle with olive oil and add the tofu slices. Drizzle the top with olive oil, season with sea salt and black pepper, and panfry

until the bottom is golden, about 2-3 minutes. Flip them over and panfry the other side. Set aside to cool, and then slice into 1/2 (1/2-inch) strips.

To the dressing, add the cabbage and apple and toss until well coated. Add the tofu, almonds, dill and nutritional yeast or grated cheese, if using, and toss again to combine. Taste and season with salt and pepper. The salad should be sweet and savoury.