

Summery Tofu Bowl with Roasted Zucchini and Fresh Mint



SERVINGS
2

INGREDIENTS

- 150 g quinoa
- 1 pinch of salt & pepper
- 3-4 tbsp olive oil
- ½ lime
- 250 g tofu
- 3 tbsp coconut oil
- ½ zucchini
- 2 tbsp rapeseed oil
- ½ red onion
- ½ yellow paprika, organic
- 80 g cherry tomatoes, organic
- 2 sprigs of mint
- 1 spring onion



NIARIA