



INGREDIENTS



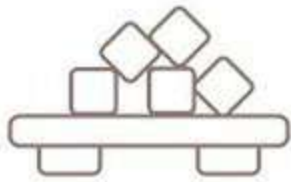
Iceberg lettuce
1/2 head



Cucumber
1 piece



Black Olives
1 cup



Tofu
1/4 block



Corn kernels
1 cup



Kale
5 leaves



Carrot
1 piece



Peas
1 cup

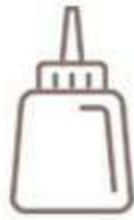


Chickpeas
1 cup



Umeboshi vinegar
1 tsp

DRESSING INGREDIENTS



Mustard
1 tsp



Mirin
1 tsp



Umeboshi vinegar
1 tsp



Shoyu
1 tsp



Brown rice vinegar
2 tsp



Water
1/2 cup



Olive oil
1 tsp

PREPARATION

1

Place the tofu into a small bowl and add the umeboshi vinegar. Mix and leave to marinate.

2

Place the lettuce, olives, chickpeas, carrot and cucumber into a large bowl and lightly toss with salt.

3

Blanch the corn, peas, and then the kale. Cook each for less than a minute.

4

Add the vegetables and tofu to the salad ingredients, and mix gently.