



Love the taste every time.

Spicy Thai Tuna Chilled Tofu

Take a traditional chilled tofu dish and turn it into a healthy dish.

Ingredients

- 1 can (85g) Clover Leaf® Flaked Light Tuna – Spicy Thai Chili
- 1 package (420g) medium or silken tofu
- 1 tbsp red onion, finely diced
- 1 tsp sesame oil
- 1 tsp soy sauce
- 1 tbsp crushed nuts of choice
- ¼ cup green onion, finely diced

Preparation

Drain tofu, cut into 8 equal parts. Combine tuna and red onion and top mixture on tofu. Garnish with nuts and green onion. Pour sesame oil and soy sauce over dish and serve immediately. Serves 4.



泰式辣味吞拿魚涼拌豆腐

傳統的涼拌豆腐，配以風味吞拿魚，搖身一變，成為營養豐富的小菜。

材料

- 1 罐 (85 克) Clover Leaf® 香辣泰椒風味淡吞拿魚
- 1 盒 (420克) 板豆腐或嫩豆腐
- 1 湯匙 切碎紅洋蔥
- 1 茶匙 麻油
- 1 茶匙 豉油
- 1 湯匙 果仁碎
- ¼ 杯 蔥花

做法

瀝乾豆腐水份，切成 8 等份；將吞拿魚和紅洋蔥碎混合拌勻，放在豆腐上；撒上果仁碎和蔥花裝飾調味；最後淋上麻油和豉油，即可食用。4 人份