

Shira-ae

Serving 3

INGREDIENTS:

1/2	Tofu
1/3	Carrot
1 pack	Spinach
1 tbsp	Miso
1 tsp	White sesame

PREPARATIONS:

1. *Cut carrot into small chunks (~5mm)*
2. *Boil spinach and carrots in boiling water until spinach gets softened. Once done, put in cold water. Drain in the strainer.*
3. *Drain water from tofu. If the tofu is very soft, put weight and leave 30 min to drain extra water.*
4. *Put miso and sesame in a bowl, add crushed tofu and stir well.*
5. *Add boiled vegetable and mix them altogether.*