

# Shira-ae

Serving 3

## INGREDIENTS:

<b>1/2</b>	<b>Tofu</b>
<b>1/3</b>	<b>Carrot</b>
<b>1 pack</b>	<b>Spinach</b>
<b>1 tbsp</b>	<b>Miso</b>
<b>1 tsp</b>	<b>White sesame</b>
<b>1 tsp</b>	<b>sugar</b>

## 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.*