

# Summer Mexican Salad

An exciting, zippy salad that gives a bit of variety and lots of texture



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**Serves:** 2

**Preparation Time:** 15 Minutes

**Ingredients:**

2 Wraps/Tortillas – preferably sprouted or yeast/gluten free

1/2 pack of firm tofu

1 avocado

1 pink grapefruit

A handful of almonds

4 handfuls of baby spinach

1 spoon of chilli sauce

2 tomatoes

Handful jalapenos

1/2 red onion

1/2 lemon

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**Instructions:**

- 1** Firstly, get the tortilla bowls ready by preheating the oven to about 180 degrees celsius. Once it has preheated, place the wraps over a medium bowl, push them in slightly and then bake for 8-10 minutes until they've formed a bowl shape and crisped up a little. Once they're done place to one side and cool
- 2** While this is cooling, chop up the tofu, onion and tomatoes and mix with the chilli sauce and then place in the fridge for 10 mins to cool a little. While this is cooling, finely chop the almonds and peel and slice the avocado and grapefruit.
- 3** Now mix it all together, place in the bowl and top with the spinach before squeezing the fresh lemon on top. Delicious!