

Try a Vegetarian Protein Dish!

TASTY TOFU LOAF

(Serves 3-4)

1 block soft tofu, mashed
1 stalk celery, diced small
1 large onion, diced
Garlic
1 cup breadcrumbs
1 cup rolled oats
2 Tbsp tahini (sesame paste)
2 Tbsp soy sauce
3 tsp curry powder

½ cup fresh parsley,
chopped finely
3 Tbsp vegetable oil

Topping:

1/3 cup tomato sauce
1 Tbsp brown sugar
1-2 Tbsp sesame seeds

Optional: 2 small
mushrooms to decorate

Tofu is a 'complete' protein containing all the amino acids. It may be purchased from supermarkets, health food shops and Chinese grocers. It comes in soft or firm style and may be vacuum packed.

1. Mash the soft style of tofu in a bowl.
2. Combine the finely diced celery and onion with the tofu.
3. Add garlic to your taste e.g. 2 tsp minced garlic, or 1 garlic clove, or use garlic granules.
4. Stir in the breadcrumbs and rolled oats. Mix well
5. Next mix in the tahini, soy sauce and curry powder.
6. Lastly add the freshly chopped parsley and the oil. It will be a sticky mixture.
7. Grease a loaf dish – or line one.
8. Press the mixture into the loaf dish, and smooth down the top.
9. Prepare the topping by combining the tomato sauce and brown sugar in a cup, then spread evenly over the top of the loaf.
10. Sprinkle the sesame seeds over the top of the sauce mixture.
11. Optional: To decorate further, slice one or two mushrooms and arrange in the centre of the loaf.
12. Bake for 1 hour at 200 C.
13. Stand for ten minutes before serving. Accompany with vegetables to provide a complete meal.