



TOFU IN A MEDITERRANEAN STYLE

SERVES 4

INGREDIENTS

300g firm tofu,
made with *Pink Lake Nigari*
300g eggplant cut into 2cm pieces
150-200g zucchini, cut into 2cm cubes
250g cherry or grape tomatoes cut in half
150g stoned black olives
A good handful of basil leaves, torn
2 tablespoon olive oil

DRESSING:

Finely grated zest from ½ lemon
5 tablespoons lemon juice
2 tablespoons olive oil
1 tablespoon good quality mayonnaise
1 tablespoon French mustard, wholegrain or smooth
Lake Crystal Salt and cracked black pepper

METHOD

Wrap the tofu in kitchen paper and leave for 1 hour to firm up.
Cut the tofu into 2cm cubes and place on kitchen paper to drain while you prepare the other ingredients.
Begin by making the dressing:
Put all the ingredients into a jar and shake well to blend.
Put 1 tablespoon of oil in a wok and heat.
Add the eggplant and zucchini and stir-fry for about 2 minutes, until softened.
Add the tomatoes and cook for a further 1 minute.
Remove from the wok.
Add 1 more tablespoon of oil to the wok.
Gently stir-fry the tofu until lightly browned.
Add back the vegetables plus the olives.
Heat until hot.
Remove from the heat and add in the dressing and basil leaves.
Mix to blend.
Serve with fresh crusty bread

Notes:

Red or green capsicum cut into 2cm pieces can be used.
Baby sweet corn also works well.

Pink Lake Nigari an organically certified coagulant to enhance your Tofu making.

