

## **TOFU PATTIES**

Wheat-free Gluten-free Dairy-free

Tofu doesn't have to be boring. This recipe gives you a tasty and nutritious alternative to traditional rissoles and will make a great tofu burger.

### **Ingredients:**

- 375gm tofu
- 1 large onion (finely diced)
- 1 clove garlic (crushed)
- 1 large carrot (grated)
- 1 cup celery or parsley (finely chopped)
- 2 eggs
- 1 tablespoon buckwheat flour
- 1 tablespoon Tahini paste
- ½ teaspoon curry powder
- Sesame seeds

### **Method:**

Mix all ingredients (except sesame seeds) together well.

Shape into patties, and then roll in sesame seeds. Fry in a non-stick frying pan until set and golden. Alternatively, place spoonfuls in frying pan and sprinkle with sesame seeds.

Serve with salad or vegetables or as a tofu burger.