

# SESAME TOFU TOAST



## QUICK



## HEALTHY

Sesame seeds are an excellent source of copper, which helps make red blood cells and keep nerve cells and your immune system healthy

## FAMILY



## MEALS

Ideal as a starter  
They freeze well

## INGREDIENTS

- 4 slices wholemeal bread
- 300g tofu
- 1 large garlic clove
- 3cm fresh ginger
- 3 spring onions
- ½ red chilli
- 1 tbs chia seeds
- 3 tbs soy sauce
- 1 tbs sesame oil
- 1 tbs flour
- 2 tbs sesame seeds

## METHOD

- 1) Put the oven onto 180°C (Fan Oven)
- 2) Mix the chia seeds with 2.5 tbs water and set aside for 5 mins
- 3) Mince your tofu with a fork
- 4) In a bowl, mix the tofu, garlic, and ginger (all minced)
- 5) Chop the chilli finely – add to the bowl
- 6) Chop the spring onions - and add
- 7) Add the chia mix, sesame oil, flour and soy sauce & mix well
- 8) Lay out your slices of bread on a lined oven tray and put the mixture on the top. It should be a thick-ish layer
- 9) Sprinkle generously with sesame seeds
- 10) Cook for approx. 20 mins
- 11) Cut into triangles and enjoy – best served hot!



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)