

Recipe: Power Tofu Bites

Side dish

Chomp on these special tofu bites for a tasty treat.

Preparation time: 20 minutes
 Cooking time: 15 minutes
 Serves 30 children (45 gram per piece)

Ingredients

- 50g large yellow onion, chopped
- 200g carrots, grated
- 300g silken tofu*, drained and mashed
- 30g garlic, minced
- 50g mustard green, finely chopped
- 300g pasta sauce (tomato, basil & garlic)
- 30g tomato paste
- 100g wholemeal instant oats*
- 1 egg, beaten
- 5 slices reduced fat cheese slices*, shredded
- 10g white pepper powder
- 8g of table salt
- 200g bread crumbs



* Choose products with the Healthier Choice Symbol

Methods

1. Preheat oven to 200°C. Line baking sheet with parchment paper.
2. Gently squeeze out extra liquid from onion and carrot.
3. Except for the bread crumbs, add all the ingredients and stir to combine thoroughly.
4. Pour bread crumbs in a shallow dish.
5. Scoop out about 2 tbsp. of mixture, roll into a ball and then flatten.
6. Coat with bread crumbs and place on baking sheet.
7. Repeat with rest of tofu mixture.
8. Bake for 15 minutes. Remove from oven and let rest for a few minutes. Serve immediately.

Nutrition Information
(Per serving): 45g
Energy 61.8 kcal
Protein 2.9 g
Total fat 1.3 g
 Saturated fat 0.5 g
Carbohydrates 9.0 g
Dietary fibre 1.0 g
Sodium 317.4 mg

Cost per serving \$0.28.

Tips

- *This item can be pan fry to achieve the same results. Grease a flat pan with a thin film of canola oil and fry each tofu bite over low fire on one side for about 3 minutes and then flip over and fry for a further 3 minutes.*
- *To prevent the bites from breaking easily, ensure that all vegetables are squeezed very dry before mixing.*