

Good Enough 2 Eat

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Capsicum and Tofu Patties

You'll need:

500g firm tofu, mashed
2 tablespoons soy sauce
2 cloves garlic, finely chopped
½ cup capsicum, finely diced
1½ cups of quick oats
½ teaspoon basil
½ cup walnuts, chopped
1 teaspoon onion powder



Here's what to do:

Blend all ingredients in food processor
Form into patties
Place on greased oven tray
Bake at 180°C for 10 minutes on each side

Serve with a green salad or steamed vegetables.