

Good Enough 2 Eat

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Tasty Tofu Balls

You'll need:

- 300g firm tofu
- 1 small onion, finely chopped
- 2/3 cup quick oats
- 1/4 cup chopped walnuts
- 2 tablespoons Savoury Yeast Flakes
- 1 tablespoon salt-reduced soy sauce
- 1/2 teaspoon Mixed Herbs or Italian Herbs
- 1/4 teaspoon garlic salt



Here's what to do:

Method:

1. Mash tofu roughly with a fork, or process lightly in a food processor.
2. Add remaining ingredients and mix well.
3. Roll into balls or shape into patties and place on an oven tray sprayed with oil.
4. Bake at 200°C for 30-40 mins, turning over after 15-20 mins.

To make the Tomato & Basil add:

- 1 medium onion, finely chopped
- 425g tin tomato puree
- 1/4 teaspoon dried basil
- 1/4 teaspoon garlic salt



Here's what to do:

Method:

1. Sauté onion in a little water until soft.
2. Stir in remaining ingredients and simmer for 5 mins.

Serving Suggestions:

- Serve hot with Tomato & Basil Sauce or gravy, jacket potatoes and seasonal vegetables.
- Serve hot or cold with salad and crusty bread rolls.
- Ideal for picnics.