

## Open Caramelized tofu Sandwich for 2

### ❖ For 100g Basil & Walnut pesto

- ✓ 25g fresh basil leaves
- ✓ 1 garlic clove
- ✓ 10g silken tofu
- ✓ 20g walnut
- ✓ 50ml walnut oil
- ✓ salt & pepper

#### **How to do it:**

Place all the ingredients above in the food processor and blend until obtaining a smooth paste. Set aside for later.

### ❖ For the Caramelized Tofu sticks

- ✓ 200g Dragonfly smoked tofu
- ✓ pinch of dry thyme
- ✓ 3 tablespoon sunflower oil
- ✓ 1 teaspoon brown sugar
- ✓ salt & freshly ground black pepper

#### **How to do it:**

Remove the tofu block from its packaging, rinse and dab with tissue paper – remove as much moisture as possible.

Cut the tofu in 1cm thick sticks (like fries). Sprinkle salt, thyme and pepper. Toss.

In a frying pan, heat the oil and melt the sugar. Allow to brown. Lay the tofu sticks in the pan making sure the caramel covers every side of each stick.

Allow the sticks to cook and crisp for one minute on each side before turning.

### ❖ Assembling the sandwich

- ✓ 2 pre-cooked mini baguette rolls
- ✓ pre-cooked beetroot slices
- ✓ caramelized tofu sticks
- ✓ yellow & red sweet pepper antipasti
- ✓ hand full coriander leaves
- ✓ basil & walnut pesto

#### **How to do it:**

Cook the mini rolls according to instructions on the packet. Leave to cool for 5 minutes, then halve them.

Spread a generous amount of pesto on the warm bread, then layer coriander, beetroot, sweet pepper, caramelized tofu sticks, and finish with more pesto.

**Note:** *Will also work well with freshly toasted bread slices. Serve the rest of the tofu stick just with pesto. They make a great snack.*

