

# TOFU BALLS



This week's recipe of the week has been shared by one of our Lismore customers and has been adapted by store owner Denise. These healthy and delicious Tofu Balls are rolled in sesame seeds to give them a satisfying crunch and are perfect served with steamed greens for a healthy lunch or dinner.

**Makes:** 16 balls

## **Ingredients:**

1tbs *olive oil*

350g *firm tofu*, coarsely grated

1 *onion* finely diced

1 cup finely grated *carrot*

1 cup *walnuts*, finely processed in processor or finely chopped

3 tablespoons *soy sauce* or *tamari*

2 tablespoons *Dijon* or *seeded mustard*

2 tablespoons *sesame oil*

2 tsp grated *ginger*

¼ cup *tahini*

½ cup *fresh herbs*, finely chopped (parsley, chives and/or oregano work well)

*Black and white sesame seeds and sunflower seeds*, 2 tbs of each mixed together

## **Method:**

Fry the onion in a frypan and then add the carrot and stir through before turning off the stove.

Process or chop the walnuts.

Mix all ingredients together.

Roll into balls and coat with sesame and seeds.

Bake on an oven tray, 20 / 30mins @ 180C. *Due to the delicate nature of the balls, it's best not to turn them.*

Serve with steamed veggies and/or rice

**Vegetarian | Refined-sugar free | Gluten-free**