

Curried tofu and vegetable patties



Ingredients:

- 1 tablespoon vegetable oil
- 1/4 small cauliflower, coarsely grated
- 150grams orange sweet potato, coarsely grated
- 1/2 red capsicum, finely chopped
- 1/3 cup frozen peas
- 2 green onions, thinly sliced
- 2 teaspoons curry powder
- 250grams firm tofu
- 1 cup cold cooked brown rice
- 2/3 cup plain flour
- 2 eggs, lightly beaten
- Extra vegetable oil, for shallow-frying
- Fresh coriander leaves, to serve (optional)
- Mixed salad leaves, to serve
- Plain Greek-style yoghurt, to serve

Method:

- 1) Heat oil in a large frying pan over high heat. Add cauliflower and sweet potato. Cook, stirring, for 2 to 3 minutes or until just tender. Add capsicum, peas, onion and curry powder. Cook, stirring, for 1 minute. Remove from heat. Cool.
- 2) Coarsely grate tofu. Using your hands, squeeze out any excess moisture. Place in a large bowl. Add cooled vegetable mixture, rice, flour and egg. Season with salt and pepper. Stir well to combine.
- 3) Pour enough extra oil into a large frying pan to come 5mm up side of pan. Heat over medium-high heat. Add $\frac{1}{3}$ cup of tofu mixture to pan. Repeat 3 more times to make 4 patties. Cook for 2 to 3 minutes each side or until golden and cooked through. Transfer to a plate lined with paper towel to drain (see notes). Cover to keep warm. Repeat with remaining mixture to make 12 patties. Sprinkle with coriander leaves, and serve with salad leaves and yoghurt.