

Sweet & Sour Tofu, Avocado & Tomato Baguette

Serves 2 hungry people or 3 for a light snack

Ingredients

For the sweet & sour tofu

- 1 clove garlic, crushed and minced
- ½ teaspoon fresh ginger, finely grated or minced
- 1 small red chili, fresh or dried, finely sliced
- 2 teaspoons honey
- 1 teaspoon rice wine vinegar
- 2 tablespoons tamari
- 2 tablespoons water
- ½ teaspoon sesame seeds
- 1 teaspoon cornflour
- 2 tablespoons peanut oil
- 150 grams (half a packet) firm tofu, sliced into 6 slices

To assemble

- 1 medium sized, freshly baked baguette, sliced in half lengthways
- 2 tablespoons soft butter *or* vegan butter
- 1 small OR ½ a large avocado, halved and sliced
- 1 large tomato, sliced
- 3 – 4 lettuce leaves

Method

1. Make the sweet and sour dressing by mixing the garlic, ginger, chili, honey, rice wine vinegar, tamari, water, sesame seeds and cornflour together in a small bowl until fully combined.
2. Heat the peanut oil up to a medium heat in a frypan and fry the tofu until it is crispy on both sides. With the heat still on, add the dressing and gently mix it through the tofu until it bubbles and thickens. Remove from the heat and set aside.
3. Take the baguette and butter both halves. Place the avocado slices on the bottom half, season with a bit of sea salt and cracked pepper, and then put the tomato slices on, seasoning them too. Layer the tofu on the tomato, spooning the sauce over the tofu as you go. Finally place the lettuce on and top with the remaining baguette half. Cut into 2 or 3 and enjoy.

