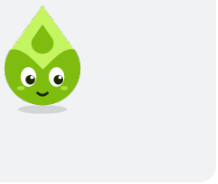
Dinner

Herby Tofu and Vegetable Loaf

A hearty oven-baked loaf that combines mashed tofu with eggs, oats and grated vegetables, seasoned with smoked paprika and mixed herbs for a firm, golden slice.

65 min	302	12.3 g	5.4 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 4 servings

- [ ] 400 g firm tofu, drained and patted dry
- [ ] 2 eggs
- [ ] 1 small onion, finely diced
- [ ] 2 cloves garlic, crushed
- [ ] 1 medium carrot, grated
- [ ] 1 small zucchini, grated and squeezed dry
- [ ] ½ cup rolled oats
- [ ] ⅓ cup almond meal (or wholemeal breadcrumbs)
- [ ] 2 tablespoons ground linseed (flaxseed)
- [ ] 2 tablespoons reduced-salt soy sauce or tamari
- [ ] 1 tablespoon tomato paste
- [ ] 1 teaspoon smoked paprika
- [ ] 1 teaspoon dried mixed herbs or oregano
- [ ] Black pepper, to taste
- [ ] Olive oil

Nutrition Facts

Per serving

Calories	**302**
Total fat	16.8 g
Saturated fat	2.1 g
Sodium	520 mg
Total carbs	12.3 g
Fiber	10 g
Total sugars	5.4 g
Protein	21 g

Method

- [ ] **1** Set the oven to 180°C on the fan-forced setting, then fit a small loaf tin with baking paper so it is ready to fill.
- [ ] **2** In a roomy mixing bowl, break the firm tofu apart, pour in the eggs and work the two together with a fork until no large lumps remain.
- [ ] **3** Tip the finely diced onion, crushed garlic, grated carrot and squeezed dry zucchini into the bowl, then follow with the rolled oats, almond meal, ground linseed, tomato paste, smoked paprika, dried mixed herbs or oregano, black pepper to taste and the reduced-salt soy sauce or tamari, stirring until the whole mixture is evenly blended.
- [ ] **4** Pack the mixture into the lined tin, pressing it down firmly with the back of a spoon so it holds its shape, and finish by spritzing the surface lightly with olive oil.
- [ ] **5** Slide the tin into the oven and bake for 40 to 45 minutes, until the loaf has set in the centre, feels firm and has taken on a light golden colour.
- [ ] **6** Let the loaf stand for 10 minutes before cutting it into slices.

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