

Tofu Loaf

A healthy, filling version of the traditional meat loaf, packed with plant protein!

Ingredients

- 500 gram (1.1 pounds) block firm tofu, mashed
- 1 onion, chopped
- 1 stick celery, chopped
- Third cup vegetable oil
- 1 teaspoon minced garlic
- 1 cup breadcrumbs
- 1 cup rolled oats
- 2 tablespoons soy sauce
- 2 tablespoons tahini (sesame seed paste)
- 2 teaspoons curry powder
- Half cup fresh parsley, chopped

Method

Combine the ingredients thoroughly, until blended. Press the mixture into a lightly oiled baking dish.

Then mix the following:

- Third cup tomato sauce/ketchup
- 1 tablespoon brown sugar

Spread tomato sauce mixture on top of loaf. Bake loaf for 60 minutes at 160 degrees Celsius (320 degrees Fahrenheit).

Stand for 15 minutes before cutting and serving with roast vegetables or salad.

Loaf may be served with tomato chutney or barbecue sauce.

