



Tofu Sweet Potato Bundle (OP W)

Serving: 1

Veg

Ingredients

- -1 baked or steamed Sweet potatoes sliced thick circular slices
- - $\frac{1}{2}$ zucchini sliced in $\frac{1}{2}$ cm thickness
- -50 grms tofu in thin slices
- -dry or crushed fresh basil leaves
- - 1 spring onion greens
- -1 tbsp tomato sauce
- -salt and pepper to taste
- - 1 tsp soya sauce
- - $\frac{1}{4}$ cup water

Preparation Method

- -Heat a pan, grill the zucchini and set aside. In a pan cook the slices of tofu in a mixture of the soya sauce and water and set aside.
- -Take a slice of the sweet potato and place the zucchini, tofu slices and tomato sauce, salt and pepper and basil leaves on it.
- -Cover with another slice of sweet potato so that it's like a potato sandwich. Hold together with a tooth pick and tie the bundle with spring onion greens so that it's a bit like a wrapped sandwich potato sandwich.