

Deep Fried Tofu Balls with a Lemon Tahini Sauce

🕒 20 - 30 Mins



1 Tbsp olive oil

1 pack firm tofu

1 large clove garlic, crushed

2 spring onions and 1 small leek (minced)

1 carrot very finely grated

Pinch sea salt

2 Tbsp shoyu or tamari (natural soy sauce)

1 tsp umeboshi paste

2 tsp freshly grated ginger juice

2-3 Tbsp whole-wheat flour

Sunflower oil for deep frying (organic and cold pressed)

* 2 Tbsp white miso

* 2 Tbsp tahini

* ½ tsp tamari, soy sauce

* ½ tsp lemon juice

* Spring water



Preparation

Tahini is a thick, smooth paste made from ground sesame seeds. Serve this sauce over cooked or raw vegetables, tofu, tempeh, or use as a dip or spread.

For the Lemon Tahini Sauce: Add the light miso, tahini, tamari, lemon juice and water into a blender and blend until smooth and creamy. (ingredients marked with *)

Cooking Instructions

- In a pan warm the olive oil and sauté the garlic then add the spring onions or leek and carrot. Pop on the lid and cook for 5 minutes until the vegetables are soft.
- Pat the tofu dry with paper towel and mash with a fork in a bowl. Add the vegetables from the pan and the remaining ingredients and form into balls, wetting your hands now and again to stop the mixture from sticking.
- In a heavy bottomed pan heat the sunflower oil, bring to correct temperature and deep fry the tofu balls.
- Drain on paper towel and serve with the sauce drizzled over the top.

Variation – You can add chopped basil, parsley, or chives to the mixture. Use barley, chickpeas or rice miso instead of a light miso for a different taste.