

Tofu Patties

A simple vegetarian patty with the benefits of isoflavones.

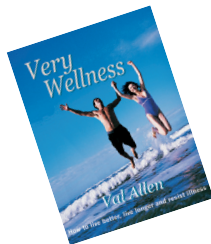
1 cup water
1/3 cup quinoa flakes
350g (11oz) firm tofu
1 tbsp (3 tsp) lemon juice
1 tbsp (3 tsp) tamari
1 tbsp (3 tsp) ginger, grated
1 cup chives, finely chopped
Spelt or brown rice flour

Options

1/4 cup fresh basil.
1 tsp paprika.
1 chopped and de-seeded red chilli.

Bring water to the boil and add quinoa flakes. Stir for 3 minutes or until all the water is absorbed. Allow to cool. Process all ingredients together, except flour, until mixed, then form into patties. Roll in flour. Fry patties in a little olive oil until browned and crisp, turning once.

Makes 12



This recipe is from *Very Wellness* by ANTA life member Val Allen.

For more information visit
pnmc.com.au/verywellness.html