



**HealthMap**  
Gut Health Professionals

## TOFU MINCE

### INGREDIENTS

- 400g packet of firm tofu

Spice mix

- 2 Tablespoons of Extra Virgin Olive Oil
- 3 Tablespoons of Soy Sauce (Kikkoman brand has a gluten free option) or you can use Kecap Manis which is a sweet soy sauce.
- 1-2 teaspoons of chilli powder (depends how hot you like it!)
- ½ teaspoon of garlic powder (or you can use real garlic)
- 1 tablespoon of Kfibre (a great prebiotic)
- 1 teaspoon of cumin (you can use less if you want but remember tofu is pretty bland so it needs flavor)
- 2 Tablespoons of a nut butter (Almond is great but you can also use peanut or other)

PREP TIME: 20 MIN

COOK TIME: 20MINS

TOTAL TIME: 40MINS

SERVES: 4-6 PEOPLE

### DIRECTIONS

1. Get your spice mix and oven tray ready-tofu mince can be made ahead of time and heated up when you need it.
  2. Now turn your oven on to 180°C and go to the next step. Please don't cook your tofu in a frypan it may get tough. Just bake it in the oven so it is not too chewy.
  3. Combine all of the spice ingredients in a big bowl and mix well.
  4. Open the tofu and press it between some paper towels to absorb some of the moisture. You don't want too much liquid or it could get a bit mushy!
  5. Now, time to get your hands dirty. Crumble the tofu into the bowl with the spice mix and rub it all together so the tofu all looks like it's covered.
  6. Spread the tofu out on the baking tray (I use baking paper) and cook for ~20 mins (depends on your oven). The flavours will be amazing!
- Check every so often and give it a mix around.
- Once it looks nicely browned, it's ready to eat.
- Serve this with salad and tortillas, have it in a stew, lasagne or stir fry. Don't over cook it or it can get chewy so be quick when you reheat it!

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