

GUT-LOVING RECIPE

Tofu Fritters with Kimchi and Pickles

Serves: 1

Preparation Time: 15 mins

Cooking Time: 10 mins

Ingredients:

- ½ (150g) container extra firm tofu
- 2 Tbsp Kellogg's All Bran® Wheat Flakes
- 3 spring onions (finely sliced)
- 2 tbsp wholemeal flour
- 1 tsp grated garlic
- 1 tbsp soy sauce
- Pinch pepper
- 2 tbsp kimchi
- 1 large dill pickle, sliced
- 2 tbsp plain Greek yoghurt with a squeeze of lemon and pinch of grated garlic
- Rocket to garnish
- Olive oil for frying

Method:

1. Make sure your tofu is extra firm, well drained and dry
2. In a large bowl mash tofu into small crumbs and add cereal, flour, spring onions, garlic, soy sauce and a pinch of pepper then mix well to combine
3. Gently form the tofu mixture into two equal patties
4. Heat oil in a frypan and gently fry fritters on both sides until golden
5. Plate fritters and top with kimchi, sliced pickles and Greek yoghurt
6. Garnish with fresh rocket

Variations: If you prefer, replace Kimchi with sauerkraut