

Cumin Carrot Tofu Patties

By The Canadian Living Test Kitchen

This recipe makes 4 servings

Ingredients :

2 tbsp (25 mL) olive oil
1 chopped onion
1/2 cup (125 mL) grated carrots
2 cloves garlic, minced
1/4 tsp (1 mL) ground cumin
pinch cayenne pepper
1 pkg (350 g) extra-firm tofu
1/3 cup (75 mL) tahini paste
1/2 cup (125 mL) chopped fresh parsley
1/4 cup (50 mL) dry bread crumbs
2 tbsp (25 mL) lemon juice
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) pepper
1 cup (250 mL) pasta sauce
1 tsp (5 mL) grated lemon rind
pinch cinnamon

Preparation:

In nonstick skillet, heat 2 tsp (10 mL) of the oil over medium heat; cook onion, carrot, garlic, pinch of the cumin and cayenne, stirring occasionally, for 5 minutes or until onion is softened. Set aside.

In food processor, blend tofu with tahini. Add onion mixture, half of the parsley, the bread crumbs, lemon juice, salt and pepper; pulse to combine. Form into 10-12 (0.75 cm) thick patties.

Heat 2 tsp oil in clean skillet over medium heat; cook patties, in batches, for 4 minutes per side or until golden. Add more oil as needed.

Meanwhile, in saucepan, combine pasta sauce, lemon rind, cinnamon and remaining cumin and parsley; bring to simmer over medium-high heat, stirring often, about 3 minutes. Serve over patties.

Source: Canadian Living Magazine: May 2001

Adapted from: http://www.canadianliving.com/food/cumin_carrot_tofu_patties.php