

# Tasty Tofu Wrap

Serves 4

Preparation Time: 20 minutes; Cooking Time: 5 minutes

Total Cost: \$4.20

Cost per Serving: \$1.00

## Ingredients for patty:

- 150g tau kwa
- 1 clove garlic, crushed
- 3 spring onion, chopped
- ¼ cup instant oats
- ½ tablespoon coriander, chopped
- ½ tablespoon chilli sauce
- ½ tablespoon soy sauce
- 1 tablespoon peanut butter
- black pepper, to taste

## Ingredients for wrap:

- ½ teaspoon cooking oil
- 4 wholemeal wraps
- 2 lettuce leaves, shredded
- 1 tomato, sliced
- ¼ cucumber, sliced

## Variation:

- Wholemeal rolls can be replaced by wholemeal burger bun

## Instructions:

1. To make patty, mash tau kwa with all other ingredients and mix well. Shape into 8 patties.
2. Lightly coat pan with oil and cook till golden brown on both sides.
3. Serve on a roll with lettuce, tomato and cucumber.

## Nutrient Analysis:

Nutritional Information (Per Serving)	
Energy	212kcal
Carbohydrate	30g
Protein	11g
Total fat	6g
Saturated fat	1g
Cholesterol	1mg
Dietary fibre	4g
Sodium	260mg

