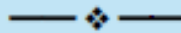


SustainaBites



Eggless Mayo Sandwich Filler

An Eco-conscious Classic! (serves 4+)



Ingredients

- 1 block Firm tofu – drained and patted dry (300g)
- 1 tsp Turmeric powder
- 1 tsp Kala namak (black salt)
- 1 tsp Cracked black pepper
- 120ml Vegan mayonnaise

Method

1. In a large bowl, crumble the tofu (or cut into very small squares).
2. Add the mayo, turmeric, kala namak, and black pepper.
3. Mix well using a fork.
4. Taste and season with extra kala namak and black pepper as required.
5. Serve it up!

Serving Suggestions

- Spoon mixture onto bread/toast with fresh cress or chopped fresh spinach to make fantastic sandwiches.
- Or onto crackers or baguette rounds to serve as canapés.
- You can use Silken tofu (cut into small cubes) as a creamier version.
- Kala Namak is available at wholefood stores or online. This gives the eggy flavour!
- Regular salt can be used instead, if a little less eggy!

♥ Enjoy! ♥

