



BREADED TOFU STICKS WITH ALMONDS AND BEET KETCHUP

Ingredients (For 4 people)

- 100 g of cane sugar
- 7.5 cl of balsamic vinegar
- 1 diced tomato
- 175 g of cooked beet
- 2 tablespoons of tomato concentrate
- 2 tablespoons of curry
- 400 g of firm tofu
- flour
- 2 eggs
- Salt, pepper
- 1 teaspoon of paprika
- 200 g roasted flaked almonds
- Olive oil

Preparation:

Pour the sugar into a saucepan and let it melt until caramelized.

Add balsamic vinegar and bring to a boil.

Add diced tomatoes, beet, tomato paste, curry.

Reduce and reserve.

Rinse and drain tofu and then cut into sticks.

Beat the eggs in a bowl and season with salt, pepper and paprika.

Dip the sticks one by one into the flour, then beaten egg and then into the flaked almonds.

Pour a little olive oil into a frying pan and cook the sticks over medium heat. Turn them on each side so that they are well browned.

Serve hot accompanied with ketchup.