



Aubergine with tofu

Ingredients (serves 1)

80 g tofu

½ aubergine

50 g mushrooms

25 g peeled and toasted hazelnuts or walnuts

Chives

Wine vinegar

Extra virgin olive oil

Soy sauce

Method

1. To make the vinaigrette chop the nuts and the chives. In a bowl, mix the vinegar, soy sauce, chives, and chopped nuts. Add a splash of olive oil and stir well.
2. Cut the tofu into small pieces and arrange on a plate. Dress with the nut vinaigrette and leave to marinate for thirty minutes.
3. Place the half aubergine, cut lengthwise, in a container suitable for microwave cooking. Add two tablespoons of water, cover, and cook for three to four minutes at maximum power.
4. Take out of the microwave and separate the pulp from the skin of the aubergine with a spoon and cut it into large pieces.
5. Wash and chop the mushrooms (if necessary). Sauté in a non-stick frying pan with a few drops of olive oil over medium heat. Set aside.
6. Brown the aubergine over high heat in the same frying pan with a few drops of olive oil.
7. Serve the aubergine on a plate with the mushrooms and marinated tofu on top.