

# Mediterranean style Tofu Caprese

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## Ingredients

750 gm hard tofu cut into halloumi shape slices

Juice of 2 lemons

¼ cup nutritional yeast

1 heaped tsp salt

¼ cup olive oil

4 tomatoes sliced

2 avocados sliced

1 bunch basil leaves picked

## Additions

You can add marinated artichokes to this, just sprinkle on the top.

## Method

1. Place the unwrapped tofu in some kitchen paper and then put on a plate or chopping board and place something heavy on it. This will drain off any water. Leave it for an hour.
2. Then marinate the tofu in the lemon juice, nutritional yeast, salt and oil. Marinate for an hour if you have the time. Then char grill the slices on a griddle pan.
3. On a plate or platter place one tofu slice, then a piece of avocado, then tomato and top with basil. Repeat this until there is no tofu, tomato or avocado left.

The logo for Veet Karen, featuring the name in a stylized, cursive script.