

# TOFU PIZZA



2 servings



Prep: 20 mins



Cook: 20 mins



## INGREDIENTS

225g	tau kwa block
2 pcs	white button mushroom, chopped
40g	peppers, green
70g	tomato, chopped
45g	mozzarella cheese
5 tbsps	tomato sauce
1 tsp	oil

## METHODS

1. Place a plate and a heavy object on top of the tau kwa for 15 minutes. Drain.
2. Place the tau kwa on its side and slice the tau kwa into 4 equal slabs.
3. Coat all sides of the tau kwa with oil.
4. Arrange in air fryer at 180°C for 7 minutes.
5. Prepare the pizza topping by mixing the mushroom, peppers, tomato, mozzarella cheese, and 4 tbsps of tomato sauce in a bowl. Set aside.
6. Spread the remaining tomato sauce onto each air-fried tau kwa evenly.
7. Distribute the pizza topping onto each air-fried tau kwa equally.
8. Arrange in air fryer at 180°C for another 5 minutes.
9. Serve hot.



MEATLESS  
MONDAY

## Nutrition Information (per serving)

Energy 262kcal, Carbohydrate 6.4g, Protein 20.0g, Fats 15.6g, Saturated Fats 4.9g, Polyunsaturated Fats 5.4g, Monounsaturated Fats 3.9g, Cholesterol 16mg, Dietary Fibre 7.3g, Sodium 179mg, Potassium 507mg, Phosphate 503mg

