



# Tofu stuffed tomatoes

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 5 tomatoes, tops cut off and hollowed out
- 1 cake of silken, soft tofu
- 1 egg
- 1 tablespoon of light soy sauce
- 1 teaspoon of sesame oil
- 1/2 zucchini, grated
- 1 tablespoon of oil
- black sesame

## Instructions

1. Drain tofu.
2. Mash tofu with a fork, break an egg and mix well, add soy sauce, sesame oil and zucchini mix well.
3. Pour out excess of moist from tomatoes and stuff with tofu-egg mixture.
4. Heat oil in a frying pan.
5. Place tomatoes top down, fry till the tofu-egg tops turn golden.
6. Serve sprinkled with black sesame.