

## Sweet Chilli Tofu Dip

vegetarian     gluten-free     dairy-free

### Ingredients

- 300g firm tofu
- 1 clove garlic, crushed
- 1 tablespoon chilli sauce (or to taste)
- 2 tablespoons peanut butter (smooth or crunchy)
- A few sprigs of parsley or coriander or mint, finely chopped

### Preparation

1. Combine all ingredients in blender and mix thoroughly until smooth. Taste and add more seasoning/ herbs if required.

### Tip

- Last in the fridge for up to 5 days in an air-tight container.
- Serving suggestion below

## Sesame Veggie Chips

vegetarian     nut-free     dairy-free     gluten-free

**Serves:** 4 people or 1 medium party platter

### Ingredients

- 250g sweet potato, peeled
- 250g unwashed potatoes, washed and scrubbed
- 250g carrots, peeled
- 250g parsnips, peeled
- 2 tablespoons sesame seeds
- 1 tablespoon sweet paprika



### Preparation

1. Preheat oven to 200°C. Line a baking tray with baking paper.
2. Cut vegetables into thick wedges or chips then steam wedges for 4-5 mins until partially cooked.
3. Arrange vegies evenly on baking tray. Spray with oil and sprinkle half of the sesame seeds and paprika. Turn chips, spray again with oil and sprinkle with remaining sesame seeds and paprika.
4. Bake for 30 minutes, or until crisp and golden.

Veggie Chips recipe from Healthy Food Guide June 2011