

TOMATO WITH SMOKED TOFU



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Photos: Nuno Campos
Chef: Fernando Fonseca



20
min



Medium

INGREDIENTS

- 3 Tomatoes
- 250g Seara Bio smoked tofu
- 60g black stoned olives
- 1 sprig basil
- 1 sprig parsley
- 1 clove garlic
- 100ml olive oil
- 50g Vitacress rocket
- 50g Vahiné pine nuts
- Pinch of salt
- Freshly ground pepper

METHOD

Peel the tomatoes, remove the seeds and cube • Slice the tofu and fry in a little olive oil • Make a black olive pesto, blending the parsley, basil, black pepper, olive oil, olives and pine nuts • Cut the rocket into thick strips and mix with the tomatoes • Coat in the olive pesto and place the tofu slices on the top