

# Tofu and Tahini Sandwich Paste

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*This creamy, delicious sandwich filling is perfect for vegans, vegetarians and carnivores alike. You could also use it as a dip instead of hummus.*

## Ingredients:

500g firm tofu  
4 tbsp. brown miso  
5 tbsp. tahini paste  
1/2 onion  
1/2 carrot  
3 tbsp. toasted sesame seeds

## Directions:

1. Press tofu to remove water. Place onto kitchen paper, top with more kitchen paper and then sit a heavy frying pan on top. Leave to sit for half an hour.
2. Blend tofu, miso and tahini in a food processor until smooth. Mince the onion and carrot. Fold the onion, carrot and sesame seeds into the tofu mixture, season to taste and then refrigerate until you're ready to serve.

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