

BAKED MINI TOFU, QUINOA & VEGGIE FRITTATAS (+ PARSNIP CHIPS!) [V. & GF]

Serves: 4-6

Yields: 12 Mini Frittatas

Prep: 30-35 mins

Cooking: 25-30 mins (*in a fan-assisted oven)

Type: Main Meal, Snack

Tools: Sieve, small pot + lid, chopping board, sharp knife, veggie peeler, baking tray, parchment paper, frying pan, frying spatula, silicone spatula, food processor, muffin tin, cooling rack

Courtesy of: Eat2Health Blog



Who says you need eggs to make a frittata or even an [omelette](#)?! Not in the Eat2Health kitchen! If you've got tofu, some shredded veggies, DF milk and grains, then you have the starting point to any great vegan frittata. Adapt the seasonings, vegetables and/or grains to suit your own needs and taste. You really can't go wrong and you're certainly in for a treat (these are delicious!). Our plant-based mini frittatas are great for those on the go or those in need of one last, light and late summer meal. We recommend that if you've gone an hour to spare, double the batch and freeze them; enjoy for breakfast, lunch, dinner or a quick snack!

Ingredients

75g	Dried quinoa	320g	Parsnips
170g	Sweet potato		Low-fat cooking oil spray
1 Tin	Black beans (240g; about 130g dried/cooked)	40g	Multi-grain bread (or GF bread)
60g	Chestnut mushrooms (about 3)	12g	Tahini paste
100g	Red onion	1	Block silken tofu (349g)
100g	Green bell pepper	125ml	Soya Milk (unsweetened/fortified)
20g	Red Chilli	10g	Dijon mustard
180g	Salad Tomato	1g	Sweet paprika
1	Spring Onion (15g)	1g	Ground turmeric
10g	Fresh coriander leaf	2g	Onion powder
2g	Fresh flat leaf parsley	1g	Garlic powder (unsalted)
80g	Carrot		Salt & ground black pepper

Directions

1. Place the quinoa into a sieve. Rinse it under some cold running water for about 30sec to 1 minute (this will help wash away some of its bitter coating). Cook the quinoa according to the packet instructions.
2. Meanwhile, wash and cook the sweet potato. NB: Boil, steam or microwave it- the choice is yours (we quickly microwaved ours in some kitchen paper)! Wash, peel and chop the potato into small chunks before boiling or steaming; boil for about 10 mins or until tender or steam for about 7 mins instead. Drain in a colander. Allow to cool.

3. Drain and rinse the black beans. Wash and slice two of the mushrooms; dice the third mushroom. Peel and finely chop the red onion. Wash, remove the stem and core and then chop the bell pepper into ½ cm pieces. Wash, remove the stem, deseed (if you prefer things less heated!) and then finely chop the chilli.
4. Wash and dice the tomato; place it into a sieve over a bowl and allow it to drain. Wash, trim the ends and finely slice the spring onion. Wash and remove the coriander and parsley leaves from their stems and roughly chop them. Wash, peel and finely grate the carrot (use a cheese grater!). NB: If you microwaved your potato, remove the skin and finely chop it into small cubes.
5. Make the parsnips chips. Wash, peel, trim the ends and then chop the parsnip into thin strips. Place them into a small dish and coat with your favourite herbs and/or spices and a little low-fat cooking oil or olive oil. Season to taste with some salt and pepper. *Tip: We seasoned ours to taste with some mild paprika, thyme, salt and ground black pepper.* Toss to thoroughly coat. Line a baking tray with some parchment paper. Place the chips onto the tray in a single layer (you'll cook them a bit later on!)
6. Heat a non-stick frying pan over a medium-low heat. Spray some low-fat cooking oil. When hot, add the red onion, bell pepper, chilli and diced mushroom. Gently fry for 3-4 mins or until softened. Add the tomato and fry for a further 1-2 mins or until softened. Stirring occasionally. Remove from the heat.
7. Create some bread crumbs (unless you are using a store bought variety!). Heat your bread in a toaster (or under a heated grill) until quite crispy. Break it up into a food processor. Pulse into crumbs. Transfer into a large mixing bowl. *Tip: Alternatively, place the toasted bread into a resealable kitchen bag; crush and press it into bread crumbs using a rolling pin or heavy tin...or crush it into crumbs in a large mixing bowl!*
8. Preheat the oven to 190°F/375°C. Place the cooked sweet potato, black beans, fried vegetable mixture, spring onion, coriander, parsley, carrot, 12g tahini and cooked quinoa into the bowl of breadcrumbs. Mix until combined.
9. Open the tofu and drain off any water. Place it into the food processor. Pulse until it's smooth and creamy. *Tip: If you don't have a food processor, place it into a large mixing bowl. Mash and whisk until it's as fine and smooth as you can make it!* Add 125ml milk, 10g mustard, 1g sweet paprika, 1g ground turmeric, 2g garlic powder and 1g onion powder. Blend to combine. Pour the

tofu mixture into the mixing bowl. Stir until thoroughly combined. Taste and season the mixture as necessary.

- 10.** Spray a standard muffin tin with some low-fat cooking spray or line each casing with a silicone muffin liner (paper linings are not recommended!). **Tip:** *Rub the spray to coat all sides of the casings.* Spoon the frittata mixture evenly between each casing. Top each mini frittata with a slice of mushroom.

- 11.** Place the baking tray (with the chips) onto the top oven shelf and the mini frittatas onto the middle oven shelf. Bake the chips for 25 mins, turning once. Bake the frittatas for 25-30 mins or until slightly firm and golden brown (we baked ours for 25 mins). Remove. **Tip:** *Leave the frittatas for 5-10 mins before serving (if you can wait that long!) as they keep firming up once they leave the oven. Also, use a palate knife or a butter knife to help loosen and remove them from the tin.*

- 12.** Make a quick and simple garden or green salad! Serve the mini frittatas with the salad and parsnip chips.

Enjoy!

Tip: *Store any leftovers in a resealable and air tight container; best consumed within 3-5 days. Alternatively store and freeze; defrost, reheat and consume within 1-2 months*

Notes:

- Quick Foodie Fact (and woo-hoo moment!): Based on 12 frittatas, each frittata contains about 1.5 servings of veggies towards your 5-A-Day!