



# Vegetarian club sandwich

15'  
Hands on

9 hours'  
Hands off

40'  
Cook Time

4  
Portion(s)

3  
Difficulty



## Method

- Preheat oven to 180\* C (360\* F) Fan.

### For the tofu

- Cut the tofu in to 8 pieces, each ½ cm thick.
- Spread out the pieces of tofu in a baking pan lined with paper towels and cover with another layer of paper towels.
- Place a similar sized baking pan over them and add a pot for weight.
- Allow the tofu to drain for 1 hour.
- In a bowl, combine the soy sauce, sesame oil, wine, water, garlic, ginger, chili paste and salt.
- Add the corn starch and mix.
- Pour half of the marinade in a 10x30 cm baking pan.
- When the tofu has drained, carefully add them to the marinade one at a time.
- Pour the remaining marinade over them, making sure it is evenly distributed.
- Cover with plastic wrap and refrigerate for 6-8 hours.
- When ready, remove plastic wrap and carefully transfer to a new baking pan lined with parchment paper.
- Pour any remaining marinade over each piece of tofu.
- Bake for 30-40 minutes.

### For the avocado sauce

- In a bowl, add the [avocado flesh](#), olive oil, lime juice, salt and freshly ground pepper.
- Mix and mash together with a fork.

### For the club sandwich

- Remove the flesh from an [avocado](#). Thinly slice and cut slices in half.
- Slice a tomato in to rounds.
- Spread the slices of bread out on a clean working surface. There should be 3 slices for each club sandwich.
- On the 1<sup>st</sup> slice of bread, spread 1 tablespoon of the avocado sauce, tomato slices, lettuce leaves and ¼ of the avocado slices.
- On the 2<sup>nd</sup> slice of bread, spread 1 tablespoon of the avocado sauce also and add 2 tablespoons of coconut bacon and 2 pieces of tofu.
- Place the 1<sup>st</sup> slice of bread over the 2<sup>nd</sup> and cover with the 3<sup>rd</sup> slice that is plain.
- Your first club sandwich is ready.
- Insert 4 sandwich sticks or toothpicks and cut in to 4 triangular pieces in a crisscross manner with a serrated knife.
- Repeat the same process for the remaining 9 slices of bread to make 4 club sandwiches.
- Serve with your choice of salad.

## Ingredients

### For the tofu

- 350 g tofu
- 1 tablespoon(s) soy sauce
- 1 tablespoon(s) sesame oil, chinese, not the kind for frying
- 1 tablespoon(s) rice wine
- 2 tablespoon(s) water
- 1 clove(s) of garlic, thinly sliced
- 2 teaspoon(s) ginger, finely chopped
- 1/2 teaspoon(s) chili flakes
- 1 teaspoon(s) salt, fine
- 1 teaspoon(s) corn starch

### For the avocado sauce

- 1 avocado(s), ripe
- 2 tablespoon(s) olive oil
- lime juice, of 1/2 lime
- pepper, fresh
- salt

### For the club sandwich

- 2 tomatoes
- 8 slices lettuce
- 1 avocado(s), ripe
- 8 tablespoon(s) [coconut bacon](#)
- 12 slices [sandwich bread](#), wholemeal, toasted
- green salad, of your choice

## Διατροφικός πίνακας

### Nutrition information per portion

708 Calories (kcal)	38.0 Total Fat (g)	12.0 Saturated Fat (g)	62.0 Total Carbs (g)
35%	54%	60%	24%
11.0 Sugars (g)	22.0 Protein (g)	12.0 Fibre (g)	3.9 Sodium (g)
12%	44%	48%	65%