Tofu Towers
(makes 1 serving)

I can't remember where the inspiration for this recipe came from but aubergine, tofu and spices are a great combination and the runny egg completes the dish beautifully.

Ingredients

1 tablespoon sesame seeds
2 slices firm tofu (2-3cm thick)
1 tablespoon sweet chilli sauce
½ level teaspoon ground ginger
½ teaspoon coconut oil
½ teaspoon soy sauce
2 thick slices aubergine
Good olive oil
Sea salt and freshly ground black pepper
1-2 large eggs
2 large handfuls fresh spinach leaves

Method

Toss the sesame seeds in a pan over a medium heat until toasted and set aside (don't take your eye off them as they burn very quickly).

Wrap the tofu slices in kitchen paper and press firmly to absorb most of the water.

Mix the chilli sauce, ginger, coconut oil and soy sauce and paint both sides of the tofu slices then put them under a hot grill or on a griddle pan. Cook, turning regularly until they are nicely browned.

Coat both sides of the aubergine slices with oil and season with salt and pepper before grilling as per the tofu. Turn regularly until cooked through and nut brown on both sides.

Keep the aubergine and tofu warm while you poach the eggs.

Quickly rinse the spinach leaves, microwave or steam until just wilting then dry the leaves in plenty of kitchen paper.

To serve, put the aubergine slices on a warmed plate followed by the tofu, the spinach, the poached eggs and finally the sesame seeds.

NB: If you are merely peckish, one poached egg will suffice. If hungry, opt for two.