



Ampalaya with mashed tofu

INGREDIENTS

2 pieces ampalaya, cleaned and cut into thin slices

1 block or 500 grams tofu, mashed

Hing or Asoefatida

½ tsp ground black pepper

1/2 cup water

2 large tomatoes, sliced

3 tbsp cooking oil and salt to taste

DIRECTIONS

Heat oil in a pan. Saute hing, ground pepper and tomato. Add water. Add your mashed tofu. Mix well. Keep your flame on medium. Add sliced ampalaya and salt to taste. Cover your pan and let it cook for next 5 mins.