



# Tomato Cup Pie

*I just love heirloom tomatoes. Not only the taste – but also the colours. This cup pie brings out the best of the little garden gems.*

*With a juicy tofu-onion filling they are the perfect picnic lunch. A very nice vegan alternative to any quiche.*

*I was lazy and bought a ready made short crust, but of course you can make your own.*

## Ingredients

1 pack of short crust  
3 onions  
200 g tofu  
2 garlic cloves  
2 tablespoons tapioca starch  
3 tablespoons olive oil (divided)  
3 tablespoons nutritional yeast  
herb salt  
black pepper  
dried rosemary  
cayenne pepper  
2 handful of small heirloom tomatoes

## Instructions

- Wash the tomatoes and cut them in halves. Put them into a bowl with salt and let them drain until you will need them.
- Peel the onions, quarter and thinly slice them.
- Fry the onions in a pan with 1 tablespoon of olive oil on medium heat until they are soft and translucent. Spice them with rosemary, herb salt, pepper, cayenne.
- Drain the tofu by pressing it in a sieve and take the outcoming water with a kitchen towel. Place it in a food blender together with pressed garlic, 2 tablespoons of olive oil, tapioca starch, nutritional yeast and spice it to taste with herb salt. Mix everything to a smooth paste in the blender.
- Mix the tofu paste together with the onions to a stiff filling. It shouldn't be running.
- Fill cup cake forms with baking paper.
- Cut the short crust pastry in squares and place each square in a cup cake form. Remove overhanging edges (you can roll them again for the next form).
- Fill the tofu-onion paste into the short crust cup pies.
- Place on top the halves of tomatoes and sprinkle them with rosemary.
- Brush the crust with olive oil and bake the cup pies at 200 C (180 C fan oven) until the crust is golden brown (approx. 25-30 mins, depending on the oven).