

Chinese Sesame Toast

Meal time: Snack
 Meal course: Main
 Meal type: Vegan
 Country of origin: China
 Difficulty: Medium
 Servings: 20
 Total time: 20 minutes

Nutrition Facts

	Amount per serving
Calories	73
Total Fat	2 g
Saturated Fat	1 g
Total Carbohydrate	10 g
Dietary Fiber	1 g
Total Sugars	1 g
Protein	2 g
Cholesterol	81 mg
Vitamin D	25 IU
Calcium	38 mg
Iron	0.7 mg
Potassium	123 mg
Sodium	73

Ingredients

For the vegetable stuffing

1/2 TSP soy sauce (optional)
 2 TBSPs breadcrumbs (or corn flour)
 2 medium potatoes, boiled and mashed
 salt, as required
 1 handful cabbage, finely chopped
 1/2 TSP chaat masala
 2 TBSPs carrots, grated or finely chopped

1/4 TSP garam masala powder
 2 TBSPs capsicum, finely chopped
 1/2 TSP coriander powder
 2 TBSPs onions or spring onions, finely chopped
 1/2 TSP cumin powder
 1/2 TSP ginger-garlic paste
 1/4 TSP red chili powder

For the Chinese toast

spring onion greens, for garnish
 3-4 TBSPs white sesame seeds
 10 bread slices, each sliced into 2 triangles
 1-2 TBSPs oil or add as required
 coriander leaves, chopped (for garnish)

Instructions:

1. Add boiled, peeled potatoes to a bowl and mash them by using a fork.
2. Add in all chopped or grated veggies along with red chili powder, soy sauce, ginger-garlic paste, add 2 TBSPs breadcrumbs/corn flour, coriander powder, cumin powder, chat masala, garam masala powder, and salt, to taste.
3. Mix well until combined and adjust the taste, if desired.
4. Add 3-4 TBSPs white sesame seeds to a plate.
5. Spread the prepared veggie mixture over bread slices.
6. Place bread on a plate with sesame seeds (filling side down), so that seeds stick to the filling.
7. Preheat 1-2 TBSPs of oil in a frying pan.
8. Place bread piece in the pan (sesame seeds side down). Do not add too much oil, but add if the pan becomes too dry. Fry all the pieces in batches.
9. Once the filling side turns golden, flip over and toast another side until golden and crisp.
10. Drain on a clean paper towel, garnish with chopped coriander leaves and spring onions and serve with any of your favourite sauce or chutney.

Notes: there are different variations of Chinese toast recipe. You can use various vegetables combination or even add cooked meat of choice for non-vegan option.