



# UCCOOK

## Crispy Tofu & Creamy Tomato Pasta

with cashew cream cheese

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 1 & 2

**Chef:** Kelly Fletcher

**Wine Pairing:** Piekenierskloof | Grenache blanc 2024

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 608kJ    | 3315kJ      |
| Energy             | 145kcal  | 793kcal     |
| Protein            | 6.7g     | 36.3g       |
| Carbs              | 22g      | 119g        |
| of which sugars    | 3.1g     | 17.1g       |
| Fibre              | 2.1g     | 11.6g       |
| Fat                | 3.2g     | 17.6g       |
| of which saturated | 0.4g     | 2.1g        |
| Sodium             | 193mg    | 1052mg      |

**Allergens:** Sulphites, Gluten, Tree Nuts, Wheat, Soya, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 110g     | 220g       | Non-GMO Tofu<br><i>drain &amp; slice into thick slabs</i>                                  |
| 10ml     | 20ml       | Low Sodium Soy Sauce   |
| 100g     | 200g       | Rigatoni Pasta   |
| 10g      | 20g        | Sunflower Seeds  |
| 1        | 1          | Onion<br><i>peel &amp; finely dice ½ [1]</i>   |
| 1        | 1          | Garlic Clove<br><i>peel &amp; grate</i>  |
| 100ml    | 200ml      | Tomato Passata   |
| 15ml     | 30ml       | Pasta Seasoning<br><i>(10ml [20ml] Nutritional Yeast &amp; 5ml [10ml] Vegetable Stock)</i> |
| 3g       | 5g         | Fresh Parsley<br><i>rinse, pick &amp; finely chop</i>                                      |
| 25ml     | 50ml       | Cashew Nut Cream Cheese  |
| 30ml     | 60ml       | Cake Flour   |
| 110ml    | 220ml      | Herb Crumb<br><i>(100ml [200ml] Panko Breadcrumbs &amp; 10ml [20ml] NOMU Italian Rub)</i>  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Paper Towel

- 1. MARINATION** In a bowl, coat the tofu slabs in the soy sauce, a drizzle of oil, and seasoning. Set aside.
- 2. PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 15-20 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.
- 3. TOASTY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
- 4. SAUCE, SAUCE & MORE SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata. Mix through the pasta seasoning, ½ the parsley, and 150ml [300ml] of water. Reduce the heat and simmer until reduced, 8-10 minutes (stirring occasionally). In the final minute add a sweetener (to taste), the pasta, and seasoning. Remove from the heat. Loosen with the reserved pasta water if too thick.
- 5. CASHEW CREAM CHEESE** In a small bowl, season the cashew cream cheese and set aside.
- 6. CRUMBED** In a shallow bowl, combine the flour (seasoned lightly) with 60ml [120ml] of water until smooth. Prepare another dish with the herb crumb. Dip the tofu into the wet flour mixture and then into the crumb. Place a clean pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed tofu until golden brown, 1-2 minutes per side. Drain on paper towel and season.
- 7. TIME TO EAT** Serve up the tomato pasta and lay over the crispy tofu slices. Drizzle with the cashew cream cheese. Scatter over the sunflower seeds and the remaining parsley. There you have it!