



# QCOOK

## Hummus & Tofu Baguette

with balsamic tomatoes

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Jenna Peoples

**Wine Pairing:** Doos Wine | Doos Dry White 3L

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 466kJ    | 3223kJ      |
| Energy             | 112kcal  | 771kcal     |
| Protein            | 4.9g     | 33.8g       |
| Carbs              | 17.7g    | 122.6g      |
| of which sugars    | 3.2g     | 21.8g       |
| Fibre              | 2.4g     | 16.7g       |
| Fat                | 2.4g     | 16.9g       |
| of which saturated | 0.5g     | 3.6g        |
| Sodium             | 204.2mg  | 1410.9mg    |

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** Moderate

Eat Within 3 Days

## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 240g     | 480g       | Carrot<br><i>rinse, peel (optional) and cut into wedges</i>                       |
| 80g      | 160g       | Baby Tomatoes<br><i>rinse</i>   |
| 1        | 1          | Garlic Clove<br><i>peel &amp; thinly slice</i>                                    |
| 2,5ml    | 5ml        | Dried Thyme   |
| 15ml     | 30ml       | Balsamic Vinegar  |
| 110g     | 220g       | Non-GMO Tofu<br><i>pat dry &amp; cut into slabs</i>                               |
| 7,5ml    | 15ml       | Tofu Seasoning<br><i>(5ml [10ml] Cake Flour &amp; 2.5ml [5ml] Cayenne Pepper)</i> |
| 80ml     | 160ml      | Hummus  |
| 1        | 2          | Sourdough Baguette/s<br><i>halve, lengthways</i>                                  |
| 10g      | 20g        | Salad Leaves<br><i>rinse</i>  |

## From Your Kitchen

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

**1. CARROTS & ROLLS** Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). When the roast has 6-7 minutes remaining, place the baguette/s in the oven to crisp up.

**2. FRAGRANT TOMATOES** Place a pan over medium heat with a drizzle of oil. When hot, char the baby tomatoes until blistered, 3-4 minutes. In the final minute, add the garlic, thyme and a sweetener. Remove from the pan, add the balsamic vinegar and seasoning. Set aside.

**3. TOAST THE TOFU** To a bowl, add the tofu seasoning and tofu slices. Toss to evenly coat the tofu in the spice mix. Return the pan to medium heat with a generous drizzle of oil. Fry the tofu until golden, 2-4 minutes a side. Remove from the pan and drain on paper towel.

**4. GRAB THE PLATES** Spread ½ the hummus over the bottom half of the roll/s. Top with the blistered tomatoes, tofu slices and salad leaves. Side with the carrot wedges and the remaining hummus for dipping. Dig in!