



# QCOOK

## Hummus & Tofu Baguette

with balsamic tomatoes

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 3 & 4

**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 3	[Serves 4]	
720g	960g	Carrot <i>rinse, peel (optional) and cut into wedges</i>
240g	320g	Baby Tomatoes <i>rinse</i>
2	2	Garlic Cloves <i>peel &amp; thinly slice</i>
7,5ml	10ml	Dried Thyme
45ml	60ml	Balsamic Vinegar
330g	440g	Non-GMO Tofu <i>pat dry &amp; cut into slabs</i>
22,5ml	30ml	Tofu Seasoning <i>(15ml [20ml] Cake Flour &amp; 7.5ml [10ml] Cayenne Pepper)</i>
240ml	320ml	Hummus
3	4	Sourdough Baguettes <i>halve, lengthways</i>
30g	40g	Salad Leaves <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 carrots on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 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 baguettes 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, 5-6 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 rolls. Top with the blistered tomatoes, tofu slices and salad leaves. Side with the carrot wedges and the remaining hummus for dipping. Dig in!