



QCOOK

Hummus & Tofu Baguette

with balsamic tomatoes

Hands-on Time: 35 minutes

Overall Time: 40 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:

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

From Your Kitchen

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!