



QCOOK

Hummus & Tofu Baguette

with balsamic tomatoes

Hands-on Time: 45 minutes

Overall Time: 50 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:

| 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 & thinly slice</i> |
| 7,5ml | 10ml | Dried Thyme |
| 45ml | 60ml | Balsamic Vinegar |
| 330g | 440g | Non-GMO Tofu <i>pat dry & cut into slabs</i> |
| 22,5ml | 30ml | Tofu Seasoning <i>(15ml [20ml] Cake Flour & 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

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!