



WCOOK

Crispy Tofu & Creamy Tomato Pasta

with cashew cream cheese

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

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 3	[Serves 4]	
330g	440g	Non-GMO Tofu <i>drain & slice into thick slabs</i>
30ml	40ml	Low Sodium Soy Sauce
300g	400g	Rigatoni Pasta
30g	40g	Sunflower Seeds
2	2	Onions <i>peel & finely dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
300ml	400ml	Tomato Passata
45ml	60ml	Pasta Seasoning <i>(30ml [40ml] Nutritional Yeast & 15ml [20ml] Vegetable Stock)</i>
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
75ml	100ml	Cashew Nut Cream Cheese
90ml	125ml	Cake Flour
330ml	440ml	Herb Crumb <i>(300ml [400ml] Panko Breadcrumbs & 30ml [40ml] 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 450ml [600ml] 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 180ml [240ml] 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!