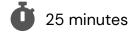




# **Mac No Cheese**

# with Silken Tofu

Using nutritional yeast and silken tofu creates a beautiful smooth sauce for this mac no cheese. Add mushrooms and broccolini, and you have a balanced family favourite.





2 servings



Bake it instead!

Once the mac no cheese is combined, pour into an ovenproof dish and top with some crumbs (lupin, breadcrumbs, cornflakes) and super seeds. Bake or grill for 5-10 minutes until crispy and golden.

TOTAL FAT CARBOHYDRATES

43g

12g

119g

#### FROM YOUR BOX

GF CASARECCE PASTA	1 packet (250g)
SILKEN TOFU	1 packet
NUTRITIONAL YEAST	25g
BROWN ONION	1
BUTTON MUSHROOMS	1 packet (150g)
BROCCOLINI	1
BASIL	1 packet (20g)
SUPER SEEDS	1 sachet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dijon mustard, smoked ground paprika, ground turmeric, 1/2 cup plant-based milk (of choice, we used oat milk)

#### **KEY UTENSILS**

large frypan, saucepan, stick mixer

#### **NOTES**

You can crush and add 2 cloves of garlic at this point if you like.



### 1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions. Drain pasta.



#### 2. MAKE THE SAUCE

In a jug add tofu, nutritional yeast, 1 tsp dijon mustard, 1/2 tsp paprika, 1/2 tsp turmeric, milk, salt and pepper. Blend until smooth.



#### 3. COOK THE ONION

Heat a large frypan over medium-high heat with **oil**. Slice and add onion (see notes). Cook for 3-4 minutes.



## 4. ADD THE VEGETABLES

Slice mushrooms, trim and cut broccolini into thirds. Add to pan as you go, and cook for a further 2-3 minutes until broccolini is just tender.

Roughly chop basil.



## 5. ADD THE PASTA

Pour in sauce and pasta. Cook, stirring, for 5 minutes or until heated through. Stir through half the chopped basil and season with salt and pepper.



## 6. FINISH AND SERVE

Divide pasta between bowls and top with remaining basil and super seeds.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



