**Product Spotlight:
Silken Tofu**

While not as high in protein as hard tofu, silken tofu is still a great addition to a meat free diet. Silken tofu is not separated or pressed from the soy curds, allowing it to be used in sauces and dressings.

J4 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 broccoli, and you have a balanced family favourite.

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.

🕑 25 minutes   🍴 4 servings   🌱 Plant–Based

8 April 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	11g	72g

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, **2 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 and cut broccoli into small florets. Add to pan as you go, and cook for a further 2-3 minutes until broccoli 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.