



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.

 25 minutes

 4 servings

 Plant-Based

8 April 2022

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.

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

FROM YOUR BOX

GF CASARECCE PASTA	500g
SILKEN TOFU	2 packets
NUTRITIONAL YEAST	50g
BROWN ONION	1
BUTTON MUSHROOMS	1 packet (300g)
BROCCOLI	1
BASIL	1 packet (60g)
SUPER SEEDS	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dijon mustard, ground smoked 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, **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.

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

