



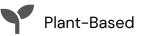
Mac No Cheese

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.







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.

PROTEIN TOTAL FAT CARBOHYDRATES

35g

8 April 2022

72g

FROM YOUR BOX

GF CASARECCE PASTA	500g
SILKEN TOFU	2 packets
NUTRITIONAL YEAST	50g
BROWN ONION	1
	4 1 (000)
BUTTON MUSHROOMS	1 packet (300g)
BROCCOLI	1 packet (300g)
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BROCCOLI	1

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



