

TONZU

PLANT-BASED WHOLEFOODS

Tasty Tomato Nuggets with Spaghetti

Serves 2 people

These delightful little savoury tofu nuggets are a plant-based lover's dream and an absolute winner with the kids! Made of 100% plant-based and all-natural ingredients, finally, there is a genuine healthy nuggets option for healthy families! For a change, this one has a tasty tomato flavour profile. For a simple meal for the kids, bake or fry these tasty morsels until golden, serve on top of some yummy spaghetti with an Italian tomato sauce and boom – a healthy, yummy toddlers or kid's meal!

Difficulty Level: Easy

Prep Time: 5 minutes

Cook Time: 20-30 minutes

Total Time: 35 minutes

INGREDIENTS

- 1 pack of TONZU Vegan Nuggets Tasty Tomato
- 3 tbsp olive oil for frying/baking
- ½ pack of gluten free spaghetti
- 2-3 cloves of garlic, crushed/chopped
- 1 tsp oregano
- 400g can of chopped tomatoes
- ½ cup water
- 1 tbsp tomato paste
- Salt & pepper to taste
- 1 tbsp raw coconut sugar
- 2 handfuls of mixed seasonal salad or vegetables

HOW TO MAKE

1. Either fry the nuggets for a few minutes on each side in olive oil in a non-stick frypan, turning to brown evenly OR bake the nuggets in the oven, coated in olive oil, turning a few times for 20-30 minutes until golden.
2. While the nuggets are cooking, cook the spaghetti in a saucepan according to the packet instructions.
3. To make your tomato sauce, warm-up 3 Tablespoons of Olive oil in a saucepan and add 2-3 cloves of chopped garlic and sauté for a few minutes. Add a tsp of Oregano and stir through. Pour on top the can of chopped tomatoes and half a cup of water. Add a Tbsp of tomato paste, salt and pepper to taste, and a Tbsp of raw or coconut sugar and bring to the boil. Once boiling allow to simmer for at least 20 minutes (up to an hour to deepen the flavour, adding more water if needed as it reduces down).
4. Arrange a selection of chopped colourful veggies on the side of the plate as the vegetable component (or make a salad for older children if desired).
Once the spaghetti is done, strain and rinse it in water to remove any starchy residue and drizzle some Extra Virgin Olive Oil on top.
5. Top with a generous amount of tomato sauce and then with 4 – 6 nuggets. You can drizzle some more sauce on top of the nuggets if desired. Serve immediately to very happy children, young and old – nom, nom!

