

TONZU

PLANT-BASED WHOLEFOODS

Tofu Lasagne Serves 4-6 people

A pasta lovers favourite! Our TONZU Tofu Lasagne is nourishing and tasty. Replacing traditional mincemeat with TONZU Tofu gives a new take on flavour and provides an alternative protein source for the dish. Add mushrooms and other soft vegetables if desired and enjoy with a fresh salad.

Difficulty Level: Easy

Prep Time: 30 minutes

Cook Time: 300 minutes

Total Time: 60 minutes



INGREDIENTS

- 600g TONZU Tofu, mashed
- Dried vegan lasagne sheets
- 2 garlic cloves, crushed
- ½ medium onion, chopped
- 2 cups tomato sauce
- 2 cups whole tomatoes, chopped
- 1 tbsp dried basil
- 1 tbsp dried oregano
- 1 cup spinach, steamed and chopped
- 1 cup ZENZO Cheddar Cheese, grated (choose from Original Cheddar, Garlic & Herb, Cumin Seed or Smokey Paprika)
- ½ tsp ground nutmeg
- Salt & pepper to taste

HOW TO MAKE

1. Preheat oven to 175oC. Cook the lasagne sheets in boiling, salted water and set aside to cool.
2. Sauté the onion and garlic in a little hot oil until onion is golden.
3. Stir in the tomatoes, tomato sauce and herbs. Simmer for about 30 minutes. In the meantime, mix together the spinach, 1/4 cup of the cheese, tofu, nutmeg, salt and pepper and set aside.
4. Create a layer of pasta in the bottom of a rectangular baking dish. Spread 1/3 of the cheese mixture on top and add a 1/3 of the tomato sauce on top of this.
5. Repeat these layers 2 more times and finish off the top layer by sprinkling over the remaining grated cheese.
6. Bake in the preheated oven for 30 minutes.

HOW TO SERVE

Serve with garlic bread and a fresh green salad - Yum!