

# TONZU

PLANT-BASED WHOLEFOODS

## Tofu Pasta Casserole

Serves 4 people

Smooth & creamy with deep flavour and texture, our TONZU Tofu Pasta Casserole is a hearty winter meal - also great served cold the next day with toast! Replacing the traditional meat ingredients with TONZU Tofu gives you a lighter, healthier option.

**Difficulty Level:** Medium

**Prep Time:** 30 minutes

**Cook Time:** 30 minutes

**Total Time:** 60 minutes



### INGREDIENTS

- 600g TONZU Tofu, mashed
  - 2 cups gluten free pasta spirals
  - ½ cup chopped fresh parsley
  - ½ cup onion, chopped
  - 1 garlic clove, crushed
  - 4 carrots, peeled & diced
  - 1 celery stalk, diced
  - 225g mushrooms, chopped
  - 1 cup ZENZO Cheddar Cheese, grated
- (choose from Original Cheddar, Garlic & Herb, Cumin Seed or Smokey Paprika)
- 3 tbsp vegan margarine
  - 4 tbsp gluten-free flour
  - 1 tbsp miso (or ½ tsp salt)
  - 1 cup water or stock
  - 1 cup milk, soy, almond or rice

### HOW TO MAKE

1. Preheat oven to 175°C on fan bake. Cook the pasta in salted water and set aside to cool. Sauté vegetables and TONZU Tofu in a little oil until onion is golden and tofu turns brown slightly (sprinkle with a little tamari sauce during the last minute of cooking for a little extra flavour if desired).
2. Mix the cooled pasta with the tofu mixture.
3. Transfer half of the pasta mix to a casserole dish and cover with half of the grated ZENZO Dairy-Free cheese, repeat these 2 layers again.
4. Melt the margarine gently over a medium heat, stir in the miso or salt and flour, and cook for a few minutes.
5. Add the milk and water or stock, continue to cook over a medium heat until the mixture thickens and bubbles. Pour sauce over the pasta in the casserole dish and add some halved cherry tomatoes onto the top.
6. Bake in the preheated oven for 30 minutes

### HOW TO SERVE

Serve with a fresh green salad or steamed vegetables

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