



CRISPY TOFU RASTA PASTA

CRISY TOFU INGREDIENTS

- 1packet Smoked tofu, largely cubed
- 1tsp Garlic granules
- 1tsp cayenne pepper
- 1 1/2 black corse pepper
- 3 springs of Thyme, leaves

INGREDIENTS

- 1 small Onion, diced
- 3 cloves Garlic, minced
- 1cube ginger, minced
- 1/4 red bell pepper, diced
- 1/4 green bell pepper, diced
- 1/2 broccoli, florets separated
- 1 carrot, finely diced
- 1tbls LAiRIE Tropical seasoning
- Pasta of choice
- 1 Corn on the cob, cut into quarters
- 1 cube, Butter
- Cooking olive oil
- 1 scallion, chopped for garnishing

METHOD

- 1) Season tofu cubes with garlic granules, black pepper, cayenne pepper and a drizzle of oil. Ensure they are coated evenly in the herbs and spices.
- 2) In a skillet or frying pan sauté onions, garlic, carrots and ginger until they become aromatic and soft .
- 3) Add tropical seasoning and stir in with broccoli and diced peppers cook for a further 4minutes. Then remove from heat
- 4) Return to tofu and place on a greased tray and grill or air fry, turn a couple of times to ensure they become crispy on the outside.
- 5) In the meantime Using a pot, bring water to a boil and season with salt. Add choice of pasta and cook accordingly for the last 4 minutes of cooking add corn on the cob. Once pasta is cooked Al dente drain in a colander. Remove the corn and place in a bowl. rinse with pasta with cold water.
- 6) While the corn is still hot add butter salt and cayenne pepper sake in a container or zip lock bag to evenly marinate.
- 7) Place the pasta back into its pot and add the sautéed vegetables gently mix through. Plate up and top with tofu then garnish with scallion.

