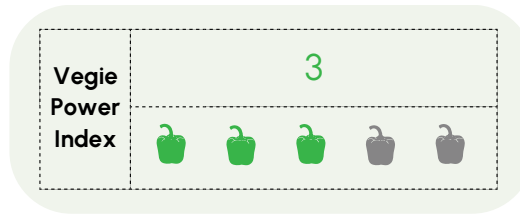


Tofu Pasta Salad



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 40 MINUTES

BASED ON: 6 SERVES

INGREDIENTS

	SERVES 6	SERVES 12	SERVES 24
Pasta (dry)	250g	500g	1000g
Extra firm tofu, cut into small cubes	350g	700g	1400g
Paprika	1/2 tbsp	1 tbsp	2 tbsp
Cumin	1 tsp	2 tsp	4 tsp
Coriander	1 tsp	2 tsp	4 tsp
Tomatoes, diced	1/2 cup	1 cup	2 cups
Cucumber, diced	1/2 medium	1 medium	2 medium
Celery, diced	2 stalks	4 stalks	8 stalks
Red onion, finely diced	1/4 medium	1/2 medium	1 medium
Capsicum, diced	1/2 medium	1 medium	2 medium
Fresh mint, torn into small pieces	2 tbsp	4 tbsp	8 tbsp
Spinach, roughly chopped	1 cup	2 cups	4 cups
For dressing			
Reduced fat Greek yoghurt	1/2 cup	1 cup	2 cups
Fresh herbs, finely diced	1/2 cup	1 cup	2 cup
Garlic, peeled and crushed	1 clove	2 cloves	4 cloves
Salt and pepper	To taste	To taste	To taste

METHOD

1. Fill a saucepan with water and put it over medium heat. When the water is boiling add the pasta and cook until just cooked (al dente) as per instructions on the packet. Then drain and rinse the pasta under cold water and set aside.
2. Preheat the oven to 180°C.
3. Place the cubed tofu in a bowl and add the paprika, cumin and coriander. Stir until the tofu is evenly coated.
4. Place the tofu onto a baking tray and bake in the oven for 10 to 12 minutes, until evenly browned.
5. Set aside to cool.
6. In a small bowl, add the yoghurt, herbs and garlic and stir to combine. If you have a food processor, combine all ingredients and process until smooth. Season with salt and pepper to taste.
7. Place the tofu in a bowl and add the prepared vegetables, mint and cooked pasta.
8. Pour over the dressing and stir well to combine. Season with salt and pepper to taste.