



PasTHous

Serves 4



INGREDIENTS

- Broccoli Stalk
- Courgette
- Aubergine
- 2 Red Peppers
- Classic houmous (delphi)
- Tofu 280g (clearspot original)
- Salt
- Dried yeast flakes
- Red harissa paste (Al'fez)
- Wholewheat Penne 500g

DIRECTIONS

Making this crispy vegetable pasta meal is quick and simple requiring only a hob and combination microwave oven, although can be adapted to use a conventional oven or grille if available. The recipe calls for a broccoli stalk that most others discard, although you can get a whole broccoli; just boil the florets with the pasta.

- Start by slicing the broccoli stalk then microwaving the slices for 1 minute on a tray. Slice the courgette and add to the tray then microwave for another 1 minute 30 seconds.
- Cut the aubergine into cuboids, slice the peppers and add to the tray.
- Configure the combination oven as a conventional oven then preheat to 190°C.
- Cube the tofu and add to the top of the tray, then smear half the contents of the harissa jar over the tofu. Bake for 45 minutes.
- Start boiling the pasta in a pot of salted water for 12 minutes, about 14 minutes before the oven timer completes.
- Drain the pasta, empty the houmous onto the pasta along with a generous quantity of yeast flakes then stir together.
- Serve the pasta on the plates with the crispy mix on top. Serve with salad, oil, other seasonings as desired and sprinkle some yeast flakes on top.
- Enjoy!

