



UNIT 9 - Recipe 26

Green Tagliatelle with Creamy Tofu, Spinach and Pistachios

for 4 Persons

Quantity / Ingredients

350 - 400 g	green tagliatelle
1 tablespoon of	olive oil
300 g	baby spinach leaves
1 small clove of	garlic, peeled and pressed
Salt and pepper	to taste
3 tablespoons	roasted, salted pistachios, roughly chopped
300 g	creamy tofu
60 ml (1/4 cup)	35% cream or dairy-free almond, soy or oat milk
4 tablespoons	nutritional yeast
2 small	garlic cloves, peeled and roughly chopped
2 teaspoons	lemon juice
2 teaspoons	Dijon mustard
2 tablespoons	olive oil
1 teaspoon	fine salt
3 to 4 pinches of	grated nutmeg
to taste	Freshly ground pepper

Preparation:

- In a large pan of boiling, salted and seasoned water, cook the pasta according to the packet instructions or until al dente. Drain, reserving at least 125 ml of the cooking water.
- Combine the creamy tofu, cream, nutritional yeast, chopped garlic, lemon juice, Dijon mustard, fine salt, nutmeg and olive oil using a hand blender, hand blender or food processor. Puree until the mixture is smooth and creamy. Taste and season with salt, pepper and an additional pinch of nutmeg if necessary.
- While the pasta is cooking, heat the olive oil in a large frying pan over a medium heat. Add the spinach and crushed garlic and season with salt and pepper. Sauté for 2 to 3 minutes, until the spinach is wilted.
- Add the tofu alfredo sauce to the skillet along with the spinach. Heat over a low heat, stirring the spinach gently for 1 to 2 minutes to combine with the sauce.
- Add the pasta to the sauce and stir gently. If necessary, add a little pasta cooking water to loosen the sauce.
- Divide between 4 soup plates and garnish with chopped pistachios and freshly ground pepper.





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