



## Baked Tofu with Tomato, Courgette, & Basil Orzo

This baked tofu dish is full of flavour and nutrients. Lycopene is an antioxidant most commonly found in tomatoes, which is most active when the tomatoes are cooked. The tofu offers a great boost of protein while the Happy Pear Pesto gives the dish a gorgeous richness. Orzo is a rice shaped pasta, and a great substitute for rice in this risotto!

### Nutritional Info

Calories: 541 kcal  
 Carbohydrates: 71.2 g  
 Protein: 26.2 g  
 Fat: 15.8g

### Ingredients

- |                         |                        |                    |
|-------------------------|------------------------|--------------------|
| • Tofu                  | • Vegetable Stock Cube | <b>Your Pantry</b> |
| • Sundried Tomato Pesto | • Courgette            | • Olive Oil        |
| • Red Onion             | • Basil                |                    |
| • Orzo                  | • Garlic               |                    |
| • Tomato Puree          |                        |                    |
| • Vegetable Stock Cube  |                        |                    |

### Allergens


Celery (Stock Cube - may also contain traces of Egg, Soya & Mustar  
Nuts (Pesto)  
May contain traces of pine nuts (Pesto)  
Wheat (Orzo)  
Soybean (Tofu)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) Preheat The Oven To 180°C & Boil The Kettle

## 2) Prepare the vegetables

Finely chop the onion and basil. Peel and crush the garlic. Thinly slice the courgette. Dissolve the stock cube in 225ml of boiling water per person.

## 3) Cook the tofu

Remove the tofu from the packaging and cut into 2cm thick slices. Mix a little olive oil with the pesto and cover the slices. Lay the tofu slices on a baking tray lined with parchment or tin foil. Place in the oven for 20 minutes.

## 4) Saute the vegetables

Place a medium saucepan or deep frying pan on medium-low heat with a drizzle of oil. Add the onion and fry until soft (about 4 mins). Add the garlic and courgette slices and cook for a further two and a half minutes.

## 5) Make the orzo

Add the tomato puree and most of the vegetable stock (keep a little aside in case it's not needed). Increase the heat and bring to the boil, then leave it uncovered to simmer for 12-15 minutes, stirring now and again to avoid the pasta sticking to the bottom.

## 6) Remove the tofu and test the orzo

Remove the tofu from the oven, it should be beginning to go golden at the edges.

The orzo should be the texture of cooked rice. If the dish looks a little dry, add some of the remaining stock and some water if necessary and continue cooking to allow it to absorb. Once you are happy with the orzo texture, stir in the basil.

## 7) Plate the dish

Plate the orzo and lay the tofu pieces on top. Garnish with any remaining basil.



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