Main dishes / Belgium

short pasta with firm tofu and courgette · Belgium

A modern Belgium-inspired noodle or pasta dish with courgette and firm tofu.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g short pasta
- ☐ 500 g courgette
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g firm tofu
- ☐ 20 g wholegrain mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the short pasta according to the packet. Reserve a cup of cooking water, then drain.

02 Clean the courgette and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the courgette and cook for a few minutes. Add a splash of cooking water, cover and cook until the vegetable is tender.

04 Dice the firm tofu and fry for eight to ten minutes until golden and piping hot.

05 Combine everything in the pan, loosening with cooking water if needed. Stir in the wholegrain mustard, dried thyme, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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