Main dishes / United States

macaroni with firm tofu and butternut squash · United States

A modern United States-inspired noodle or pasta dish with butternut squash and firm tofu.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 320 g macaroni
- ☐ 500 g butternut squash
- ☐ 2 g ground cumin
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g firm tofu
- ☐ 3 g smoked paprika
- ☐ 10 g fresh parsley

Let's make it.

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

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

03 Heat the oil and soften the onion for five minutes. Add the butternut squash 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 smoked paprika, ground cumin, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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