

Tofu Pasta



This is a very easy, quick and tasty dish, in which the tofu replaces the usual tuna

You will need a large saucepan and a large serving bowl

Ingredients

500gm Farfalle (no egg), 1 pack smoked tofu(200g) 1 large tin of sweetcorn, 2 large tomatoes halved, tabasco sauce

Preparation

1. Cook the farfalle
2. Mince the tofu
3. Heat the sweetcorn in the microwave
4. Fold in the tofu
5. Meanwhile, grill the halved tomatoes
6. Put the pasta in a large serving bowl and fold in the tofu/sweetcorn, mix well
7. Add tabasco to taste

Garnish with the tomatoes

Serves 4

Freezes