Basil silken tofu pasta

Creamy, aromatic and with a fine crunch: this pasta combines a velvety basil and silken tofu sauce with a golden-brown garlic panko topping. A feel-good plant-based dish full of freshness and texture that is quick to make and delights with every bite.

Zutaten
4 Portionen

Panko crunch topping
2 Garlic cloves
2 EL Mediterranean fried olive
50 g Panko breadcrumbs
Organic sea salt
Pepper
Pasta
30 g Basil, fresh
1 Garlic clove
400 g Silken tofu
2 EL Yeast flakes
2 TL Lemon juice
1 EL Extra virgin olive oil, from IT
Organic sea salt
Pepper
400 g Protein PLUS Pasta Fusilli

Zubereitung

Panko crunch topping

Peel and finely chop the garlic. Heat the olive oil in a frying pan, lightly fry the panko breadcrumbs and then add the garlic. Fry until golden brown, season with salt and pepper and leave to cool.

Pasta

Wash, dry and roughly pluck the basil. Peel the garlic. Puree the silken tofu, basil, yeast flakes, garlic, lemon juice, Byodo extra virgin olive oil, salt and pepper in a blender to a creamy, homogeneous sauce. Season again with salt, pepper or lemon juice to taste.

Cook the fusilli in boiling salted water for 10-12 minutes until al dente. Then mix with the basil and silken tofu sauce and serve with the panko crunch topping.

Our tip:

If you can’t find panko breadcrumbs (available in the Asian section of the supermarket), you can also use breadcrumbs for the crunch topping.