



Vegan tofu bolognese with strozzapreti

Aromatic tofu, fresh vegetables and a spicy tomato sauce merge into a hearty Bolognese that accompanies our strozzapreti in a delicious and plant-based way.

Zutaten

4 Portionen

150 g Carrots
150 g Celery root
1 small onion
30 g Byodo Roast Olive Mediterranean
Byodo organic sea salt
200 g Smoked tofu
200 g Tofu, natural
100 g Byodo tomato paste
1 TL Paprika powder, smoked
1 TL Rosemary, dried
1 TL Dried oregano
Pepper
100 ml Red wine
40 ml Soy sauce
500 g Tomatoes, strained
500 g Byodo Strozzapreti

Zubereitung

Wash the vegetables, peel if necessary and cut into very fine cubes. Sauté in a large pan with the frying olive and a pinch of salt over a low heat for approx. 15 minutes until soft and aromatic.

Finely crumble the smoked tofu and natural tofu with your fingers and add to the vegetables. Fry everything together, then stir in the tomato purée from Byodo. Season with paprika powder, rosemary, oregano and pepper.

Deglaze the mixture with red wine, soy sauce and strained tomatoes and simmer over a medium heat for approx. 20 minutes. Stir occasionally and season to taste at the end.

In the meantime, bring salted water to the boil, cook the Byodo Strozzapreti in it until al dente, drain and mix with the finished tofu Bolognese.



For a quick vegan Parmesan, finely chop 150 g roasted cashews with 30 g yeast flakes in a blender. Perfect for sprinkling on top!