

Mac and Cheese, Tofu and Roasted Broccoli



Preparation time	10 minutes
Cooking time	35 minutes
Servings	6
Cost per serving	\$2.45
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, small bowl, large bowl, large pot, grater, baking sheet, parchment paper (or oil), colander, wooden spoon

Ingredients



750 ml (3 cups)
dry **macaroni**



80 ml (1/3 cup) **butter**
or non-hydrogenated
margarine, melted
(divided: 45 ml [3 tbsp]
+ 35 ml [7 tsp])

*MELT IN A
SMALL BOWL IN
THE MICROWAVE
FOR 10-20
SECONDS.*



5 ml (1 tsp)
curry powder
(divided: 2.5 ml [½ tsp]
+ 2.5 ml [½ tsp])



Salt and pepper
to taste



1 **firm tofu** block
(454 g), diced
into 1 cm cubes



1 litre (4 cups)
broccoli pieces

*YOU CAN USE THE
STALK, PEELED
AND CUT INTO
CHUNKS.*



45 ml (3 tbsp)
all-purpose flour



500 ml (2 cups)
milk

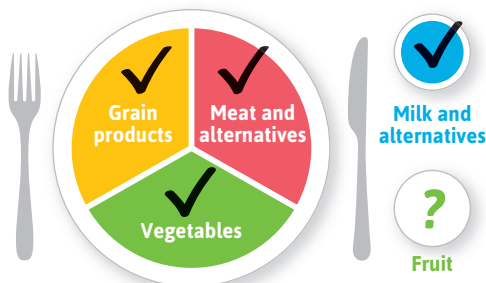


15 ml (1 tbsp)
tomato paste



500 ml (2 cups) **grated
cheddar cheese**

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Balanced plate

Serve with:

? Vegetables (salad or raw vegetables, for example) to round out the serving, and a fruit

Directions

1	Place oven rack in the middle position and preheat the oven to 200°C (400°F). Oil a baking sheet or cover with parchment paper.	 
2	Bring a large pot of salted water to a boil over high heat. Add the macaroni and cook as indicated on the package. Drain and set aside in a colander. Tip: Use the cooking time to prepare the broccoli and tofu.	  <p>See cooking directions on the package</p>
3	Meanwhile, in a large bowl, mix together 45 ml (3 tbsp) of melted butter , 2.5 ml (½ tsp) of curry powder , salt and pepper . Add the tofu and broccoli and stir to thoroughly coat with the butter mixture.	 
4	Spread the tofu and broccoli on the baking sheet and cook for about 20 minutes. Toss once halfway through cooking.	 
5	Over medium heat, in the large pot used to cook the macaroni, add the remaining melted butter , the flour and 2.5 ml (½ tsp) of curry powder . Stir with a wooden spoon for about 1 minute.	
6	Add the milk and stir constantly until the sauce thickens, usually when the first bubbles appear.	 
7	Add the tomato paste , cheddar cheese and pepper . Mix.	
8	Add the cooked macaroni and the roasted tofu and broccoli . Mix. Variation: Feel free to vary the flavours by using another type of cheese or another protein (cooked meat or fish, for example).	

My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition