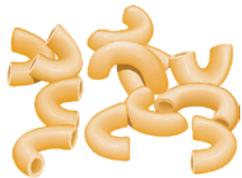


## Mac and Cheese, Tofu and Roasted Broccoli



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

### 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.*



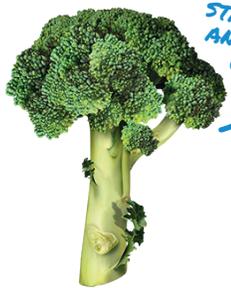
5 ml (1 tsp)  
**curry powder**  
(divided: 2.5 ml [½ tsp]  
+ 2.5 ml [½ tsp])



**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**

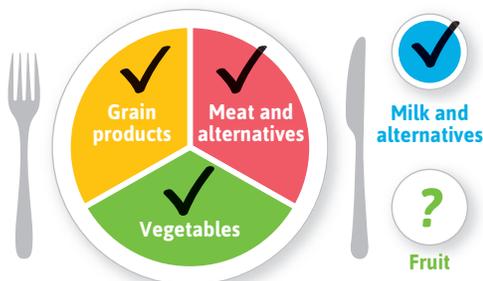


15 ml (1 tbsp)  
**tomato paste**



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

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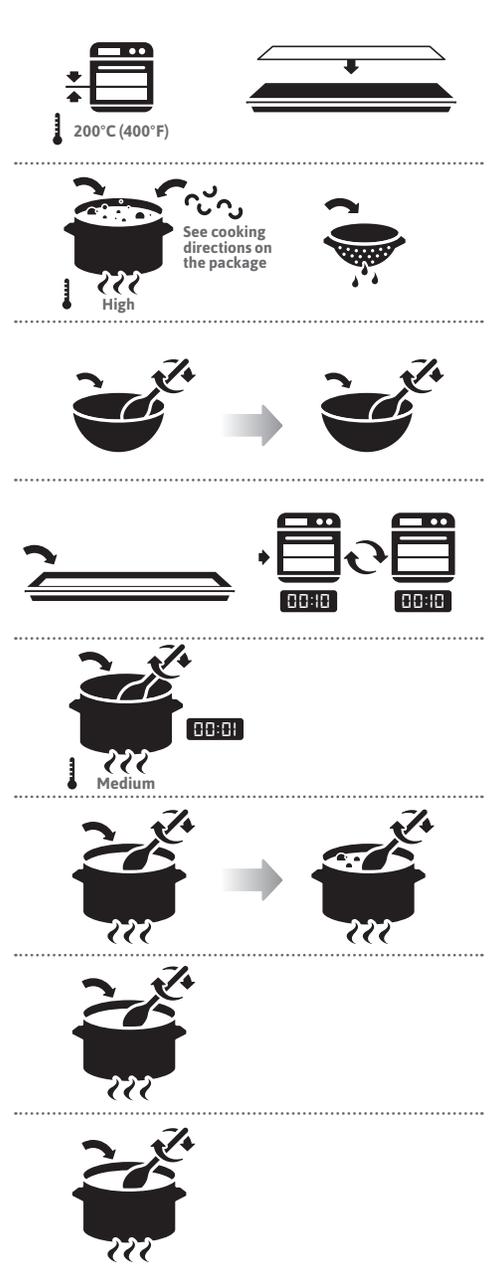
### Balanced plate

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.
- 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: ★ ★ ★

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