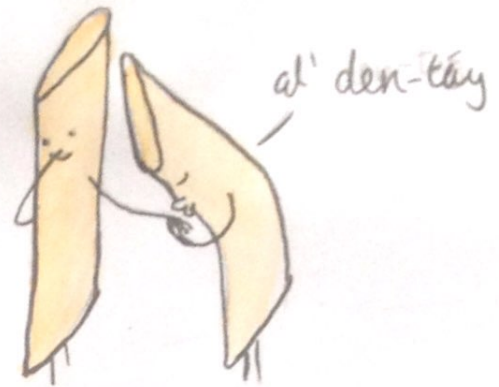


Ingredients

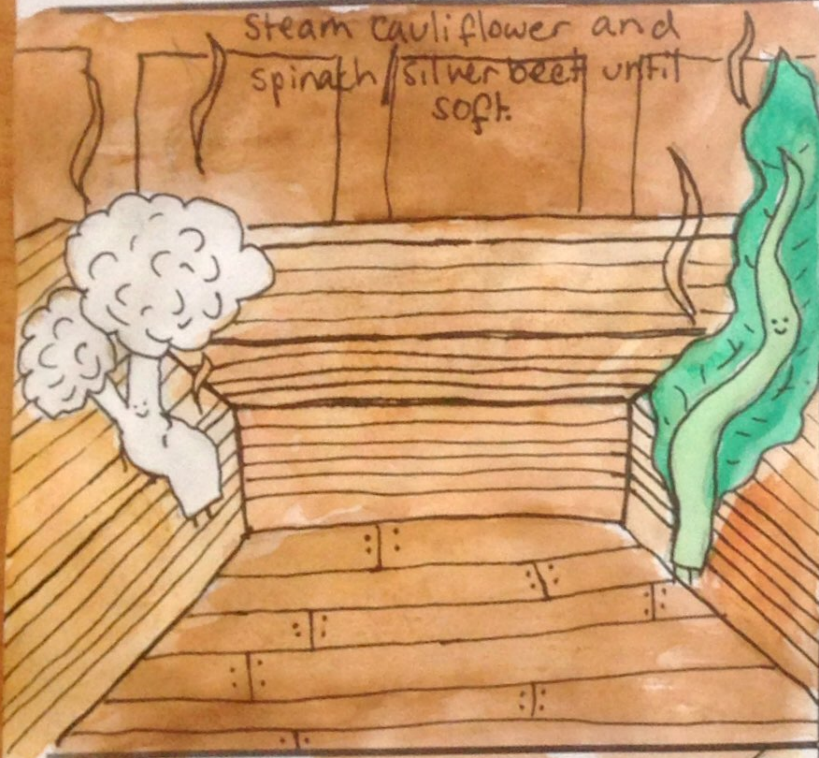
½ Head of Cauliflower.....	
1 Large brown onion.....	
4 cloves garlic.....	
300g Soft tofu.....	
100g Spinach or Silver beet.....	
2tbspn + 1tbspn Nutritional yeast..	
2tspn + 1tspn Vegeta.....	
50g Pepitas.....	
Pepper to taste.....	
300g pasta.....	
1tspn turmeric.....	
1tspn smoky paprika.....	

METHOD

Cook pasta until al'dente



Steam cauliflower and spinach/silver beet until soft.



Fry garlic and onion until brown

The fires of hell are here!!!



Blend cauli + spinach + stir through 2tb yeast, 2tspn vegeta, pepper + onion + garlic

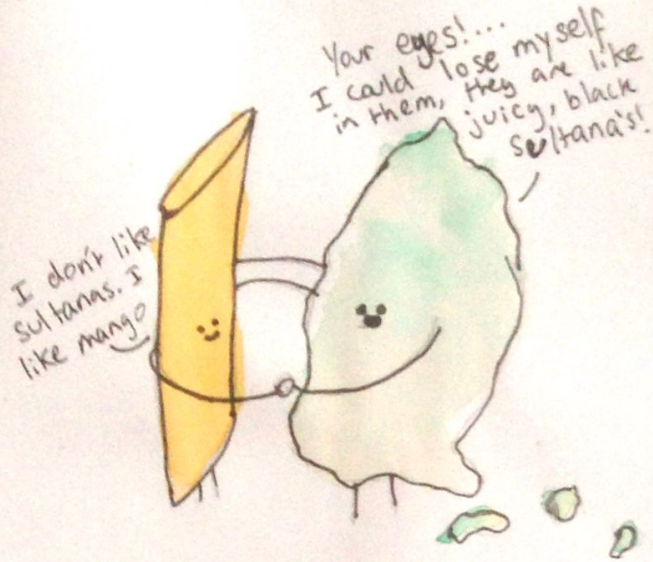


STICK MIX

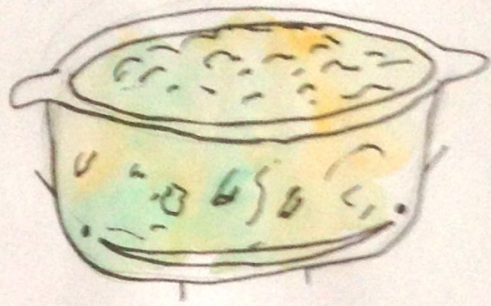
Mash up tofu. I squish it in my hands. Stir in yeast, Vegeta (remaining), paprika, tumeric, pepita's.



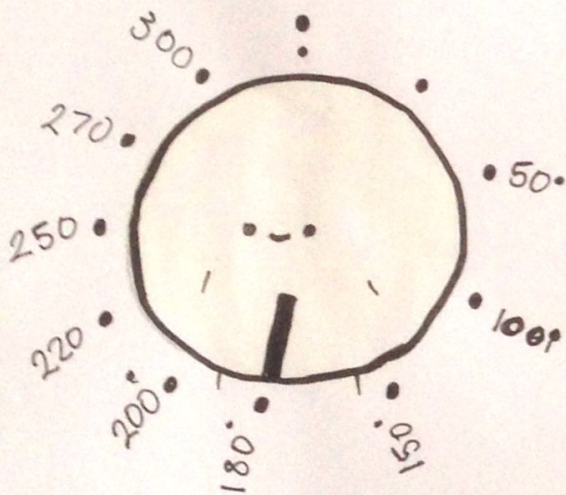
Mix pasta + cauliflower mix. Like they were at a co-ed mixer.



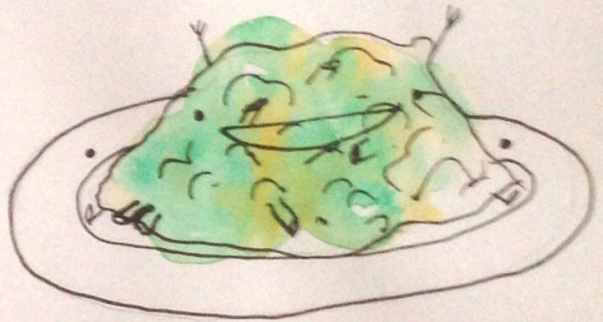
Place in a large casserole dish and sprinkle tofu mix on top.



Heat oven to 180°C. Place pasta bake in oven for 10-15 minutes.

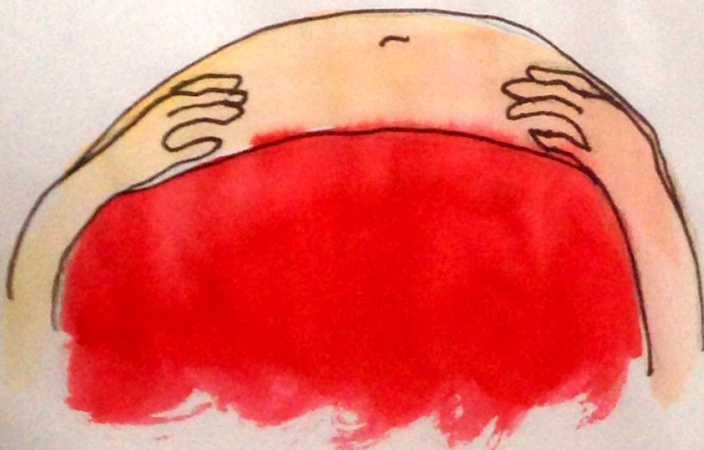


Serve...



Try not to eat it all in one sitting like I did. I feel so ill now.

But, worth it. *GURGLE*



fin