# Roasted zucchini and tofu with paprika, creamy tomato sauce with fresh herbs, parboiled long rice

# Recipe for 2

# **Description**

Simple recipe with a lot of flavor and color that will impress your guests. The recipe gives you a little taste of Ukrainian cuisine.

## Note

Curry and tumeric can be a great alternative to season the sour cream sauce.

# **Ingredients**

## Zucchini

- 500 Gr Zucchini
- 1.50 Tsp Paprika
- 0.50 Lb Tofu
- Butter
- Salt and pepper
- Olive oil

### Basmati rice

- 150 Gr Basmati rice
- 1 Small Onion
- 1 Leaf(ves) Bay leaf
- Butter
- Salt and pepper
- Olive oil

# **Preparation**

- Preparation time **30 mins**
- Preheat your Oven at 400 F°

# To prepare before the class

# Ingredients

Cut the tofu in cubes half of an inch thick. Prepare a pot of boiling salted water. Once it starts boiling, put in the tofu cubes for about 1-2 minutes. Rinse and strain under cold water. Keep on your counter for now.

# Creamy sauce

- 125 Ml Sour cream
- 1 Clove(s) Chopped garlic
- 1 Tsp Tomato paste
- 1 Tbsp Dill
- 6 Leaf(ves) Basil
- Butter
- Salt and pepper
- Olive oil

# Dressing and final touches

- 4 Leaf(ves) Basil leaves
- 2 Bunch Dill
- 2 Tbsp Crushed peanuts
- Butter
- Salt and pepper
- Olive oil

### Clean the zucchinis

Cook the cashews in the oven for 4-5 minutes, then squish them under a pan.

### Material

1 cutting board, 1 chef knife, 1 pairing knife, clean rags, 1 strainer

1 sheet pan, 1 oven, 1 frying pan, 1 wooden spoon, 2 bowls

# Preparations with the chef

### Cut the Zucchinis in cubes

Chop a part of the dill, keep 4 leaves for presentation, finely chop the basil, keep some leaves for presentation.

Chop the onion for the rice.

# Zucchini and tofu

In a bowl mix in the zuccchini cubes and the tofu cubes, add olive oil, salt and pepper and paprika.

MIx well and put it on a sheet pan for the oven.

COok in oven for 20 minutes, depending on the size of your cubes.

# **Sauce**

In a pan on medium heat, add the sour cream, chopped garlic, tomato paste, chopped dill, basil and some salt and pepper. Let it cook slowly for a couple minute. Once the sauce has thickened, add in the tofu and zucchini cubes.

Mix delicately and taste to season.

# Plating and final touches

In he center of your plate, put a spoonful of rice and create a nest with a whole in the middle.

Put in the center of your rice your tofu and zucchin9is mixture

FInish up with your roasted cashews, basil leaves and the dill we kept aside.

# Bon appétit!