



## TOFU TART

This easy and adaptable recipe is so quick and easy, but always tastes like a treat!

 10 minutes

 30 minutes

 4 portions

## INGREDIENTS

- 380 grams of jus-Rol Puff Pastry Ready Rolled Sheet
- 400 grams of tofu, raw, regular, prepared with calcium sulfate
- 1 Onion of red Onion (110 g)
- 2 Slices of violife Original Sliced (40 g) or 40 grams of applewood Vegan Cheese
- 1/2 cup of kale, raw (11 g)
- 1 tbsp of vinegar, balsamic (16 g)
- 1/2 level teaspoon of salt (3 g)
- 1 teaspoon of mixed herbs, dried (1 g)

## COOKING METHOD

- 1° preheat the oven to 200-220 degrees Celsius
- 2° chop the onion into rings and chop kale into small pieces
- 3° spread out the pastry on a baking tray, use baking paper to stop the pastry sticking, you may have to use two baking trays
- 4° crumble to tofu into chunks and drain excess water
- 5° add the vegetables, tofu and vegan cheese to the rolled out pastry
- 6° sprinkle the dried herbs, salt and balsamic vinegar over the toppings
- 7° bake for 20 minutes at 200-220 degrees Celsius

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (240 g)	% DRI
ENERGY	204 kcal	489 kcal	24 %
PROTEIN	6 g	14 g	27 %
CARBOHYDRATE	16 g	39 g	15 %
SUGARS	1 g	1 g	1 %
FAT	12 g	29 g	42 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
FIBER	1 g	1 g	6 %
SODIUM	106 mg	255 mg	11 %