

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

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

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.

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 Zucchini 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 zucchini 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 the center of your plate, put a spoonful of rice and create a nest with a hole in the middle.

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

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

Bon appétit!