



Creamy Tofu & Pumpkin Pasta

Serves: 8

Prep: 15 mins

Cook: 15-20 mins

Dietary: EF, NF, VEG

Allergens: Soy, Wheat, Dairy

Age group: 8 months+

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Equipment

Stick-blender or high-speed blender

Ingredients

- 250g wholegrain spirals
 - 1 ½ tbsp (30g) unsalted butter
 - 1 tbsp (15g) arrowroot
 - 2 garlic cloves (10g), peeled and finely minced
 - 2 cups (500ml) milk of choice
 - 1 ½ cup (300g) roasted pumpkin
 - 680g silken tofu
 - 2 cups (200g) grated cheese
 - 1 cup (35g) baby spinach, rinsed and chopped
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Tips

- ✓ **Allergies:** For a dairy-free version: Swap butter for olive oil and milk for a calcium fortified dairy-free alternative such as soy, oat or coconut milk and cheese for 1 cup nutritional yeast. For a gluten-free version: Swap pasta for a gluten-free pasta of choice.
- ✓ **Easy ingredient swaps:** Swap pumpkin for sweet potato.
- ✓ **Baby-friendly version:** Serve mashed or cut into finger food-sized pieces.
- ✓ **For selective eaters:** Serve the meal deconstructed: Pasta, pumpkin cubes, tofu and cheese.

Method

1. Preheat oven to 180°C.
2. Cook pasta according to packet instructions. Rinse and set aside.
3. In a large pot, melt butter over medium heat.
4. Once melted, add arrowroot and whisk until well incorporated.
5. Add garlic and cook for approx. 2 mins.
6. Add milk and cook, stirring continuously for 2-3 mins or until it thickens up.
7. Add pumpkin, tofu and half of the cheese and whisk to combine. Using a stick blender, blend sauce until smooth, alternatively, place sauce into your blender and blend until smooth and creamy.
8. Add spinach and cooked pasta and stir until everything is coated in the sauce evenly.
9. (Optional) Place into a large casserole dish, sprinkle with rest of the cheese and bake in the oven for 15-20 min or until golden. Alternatively, grill for 8-10 min.

Serving suggestion: Serve with a side of seasonal vegetables.

Storing Leftovers: Store in an airtight container in the fridge for up to 4 days or freeze leftover sauce for up to 4 months.