

# TOFU & VEGGIE RAVIOLI & 5 MINUTE MARINARA SAUCE [VEGAN & GLUTEN FREE]

**Serves:** 6-8

**Yields:** about 24 ravioli

**Prep:** 60-90 mins

**Cooking Time:** 3-5 mins

**Type:** Main Meal

**Tools:** Mixing bowl, silicone spatula, kitchen film, frying pan, food processor, bowl, rolling pin, large plate, large pot(s)

**Courtesy of:** Eat2health Blog



*Who loves pasta dishes?! We do! Apart from preparing pasta sauces, we've never attempted making our own pasta. It truly is a labour of love- one that needs to be respected. Ours may not be authentic, but it's definitely tasty! Our tasty GF morsels contain a delicious tofu and veggie filling and are topped off with a simple and flavourful marinara sauce. For those that have the patience and the desire to make GF ravioli, then you're in good hands! Come and join in on the fun, feel liberated and get your dinner forks ready for one satisfying meal!*

## Ingredients

Dough (Yields: 24 Ravioli)		Filling (Yields: 24 Ravioli)		5 Minute Thrifty Marinara Sauce (Serves: 4)	
300g	Rice Flour	220g	Frozen Spinach	2	Tins Plum Tomatoes (no added salt) (800g)
60g	Corn Flour	50g	GF bread	1	Handful of Fresh basil, washed
80g	Potato starch	60g	Shallot	15ml	Balsamic Vinegar
8g	Xanthan Gum	4g	Garlic cloves	15ml	Olive Oil
1g	Dried Basil	90g	Chestnut Mushrooms	4g	Garlic Powder
2g	Dried Thyme	60g	Red Bell Pepper	1	Small White Onion, peeled & halved
2g	Salt	80	Carrot	60g	Red Bell Pepper, (washed, stem & core removed, roughly chopped. *optional)
16g	Olive Oil	20g	Black/Pitted Olives	6	Black/Pitted Olives, drained & rinsed
300ml	Cold water	24g	Fresh Basil		Salt & ground black pepper
			Low-fat Cooking Oil		
		349g	SilkenTofu		
		1g	Dried Oregano		
		1g	Dried Thyme		
		20g	Tahini		
		10g	Plain GF flour		

## Directions

1. Prepare the dough. Place 300g rice flour, 60g corn flour, 80g potato starch, 8g xanthan gum, 1g basil, 2g thyme and 2g salt into a large mixing bowl. Mix until combined. Make a 'well' in the centre of the mixture. Add 1 tbsp oil and 300ml cold water. Use a spatula; stir and combine the mixture the dough is smooth and tacky. Place the dough onto the middle of a piece of kitchen film. Wrap and completely seal. Place it into the fridge for a minimum of 20 mins.

2. **In the meantime, prepare the filling.** Place the spinach into a microwavable bowl; defrost in the microwave. Drain. Place the bread into a toaster. Gently heat until lightly brown and crispy. Place it into a food processor. Peel and dice the shallot and garlic. Wash, dry and finely dice the mushrooms. Wash, remove the stem and core and then finely chop the bell pepper. Wash, peel and finely grate the carrot. Drain, rinse and dice the olives. Wash and chop the basil leaves; discard most of the stems. Place the bread into the food processor. Process it until breadcrumbs are achieved; remove and transfer into a small bowl.
3. Heat a non-stick frying pan over a medium-low heat. Spray it with some low-fat cooking oil. Add the shallot and garlic. Gently fry for 1-2 mins or until softened. Add the mushrooms, bell pepper and carrot. Gently fry for 3-5 mins, or until softened and most of the water has been removed. Remove from the heat.
4. Meanwhile, drain the tofu. Place it into in the food processor. Pulse until creamy. Transfer it into a large mixing bowl.
5. Transfer the vegetable mixture into a separate bowl. Allow it to cool slightly. Place the spinach and olives into the frying pan. Gently fry for 1-2 mins; allow the spinach to steam-dry slightly. Gently separate/shred some of the fibres with a fork. Remove from the heat. Add the vegetable and separate spinach mixture, along with the basil, breadcrumbs, oregano, thyme and tahini into the large mixing bowl. Mix and thoroughly combine. Add the flour. Mix to combine.
6. **Assemble the ravioli!** *Tip: Feel free to use a ravioli mould, tray or cutters if you have it, otherwise use this 'freestyle' method.*
  - Prepare a clean and lightly floured work surface. *Tip: have a large plate, a little dish of water and some spare flour nearby.*
  - Divide the dough into four pieces/balls. Place one piece onto the work surface and re-wrap the remaining dough. NB: This dough tends to dry out quickly, so always re-wrap it!
  - Knead the dough into the flour until it is slightly 'less' tacky.
  - Roll the dough into a long and narrow-ish strip (approx. 12"x4").
  - Test and try to lift the dough slightly. *Tip: you need to make sure it's not sticking to the work surface (if it is, add a little more flour) and that it's not going to completely fall apart when moved.*
  - Roughly mark the dough into six equal squares.
  - Spoon and place the filling onto the centre of one side of the dough.
  - Cut the dough down the middle. Separate the dough into two strips. *Tip: a quicker method would be to fold the half without the filling over the other half of the dough. Press, mould, shape and then cut out the individual ravioli's.*
  - Gently re-roll the strip (without the filling), creating a slightly larger and thinner half. *Tip: We have suggested this because GF dough is less forgiving/stretchy than normal wheat-dough (because of its wonderful powers it obtains from gluten) and you have to make sure it's going to cover all of the ravioli! However, if you are using half of the amount of filling, you may be able to skip this step entirely.*
  - Place and align the re-rolled strip over the top of the other strip (with the filling). Gently press down in-between each piece; helping to shape the ravioli. Gently cup and continue to shape each piece with your hands; allowing the dough to wrap around the filling. Cut and separate the six pieces. Pinch the edges of the ravioli together and then fold the edges up and over

itself; crimp and press to seal the ravioli. NB: You might have to complete this step with the help of a wet fork.

Alternatively assemble it by:

- After you have re-rolled the strip, cut it into six separate pieces.
- Cut the other strip (with the filling) into six separate pieces.
- Individually place each piece re-rolled piece of dough over a piece of the prepared dough.
- Cup and shape the ravioli dough around the filling with your hands. Pinch the edges of each ravioli together and then fold the edges up and over itself; crimp and press to seal the ravioli (as I have previously mentioned, a wet fork is great for this step!).
- Place all of the prepared ravioli's onto a clean plate. Cover and seal with a piece of kitchen film.
- Repeat these steps with the remaining three pieces/sections of dough and filling until all of it has been used. We had 24 ravioli!

7. Heat one or more large pot(s) full of water over a medium heat. Bring to a boil.
8. Meanwhile, prepare our '5 minute thrifty marinara sauce' (if applicable)! Just open the tinned tomatoes and then place all of the sauce ingredients into a blender. Blend until smooth. Pour into a small pot. Place the pot over a medium-low heat. Gently heat the sauce to low-grade simmer and then reduce the heat. Cover with a lid; keep it over a low heat setting until served.
9. Once the water begins to boil, place about 4-5 pieces into each pot using a large, slotted spoon; reduce to a medium heat. Loosely cover with a lid. Once the ravioli's start to rise to the top and/or the water comes to more of a rapid boil- remove the lid. Cook the ravioli's for 3-5 mins or until tender.

Remove them with the slotted spoon. Place them into a large colander (not onto a plate like we have in this picture!). Cover with some kitchen foil and allow them to drain. NB: If the ravioli's do not get a chance to drain, they will add extra water to your sauce!

Repeat these steps until all of the ravioli has been cooked.

10. Serve warm. Spoon the ravioli into a large bowl or pasta dish. Ladle over the sauce. Season it with some black pepper to taste. Garnish with fresh basil and/or chopped tomatoes (if desired).

Enjoy!

## Notes:

- Our ravioli does not look authentic, that's for sure, more anaemic! This is because typical ravioli recipes use several eggs, which gives it its standard yellow/beige appearance; not ideal for us following plant-based diets! If this is a big issue for you, try using fresh herbs, spices (make sure it complements your filling) or perhaps some cooled, green vegetable water (from the drained spinach) instead of the plain water the recipe instructs to help colour your pasta.
- We're not going to lie though; this recipe can be quite time consuming, especially if you do not own any pasta gadgets, are new to the 'pasta making world' or using GF dough for that matter.
- The world is your oyster! Make the filling your own! Just make sure to decrease/remove the water content of any vegetables used (by lightly frying/steam-frying) before preparing your ravioli.
- If gluten is not of concern, try using wholemeal or grade '00' flour instead, along with salt, oil and water (and maybe some eggs if you're not vegan!); adjust the quantities accordingly and omit the xanthan gum.
- Use our marinara recipe, your own pasta sauce, or drizzle a little olive oil over the pasta (and garnish with herbs) just before serving!
- Refrigerate any leftovers in a resealable container; reheat and consume within 3-5 days. Alternatively, freeze in an air-tight/resealable container; defrost, reheat and consume within 3 months.

NB: Do not store uncooked ravioli in the fridge overnight. We attempted this once (trying to save time with food prep for the next night), but the next day they were all a bit soggy...and cooking them didn't improve matters! We're not one-hundred percent sure as to why this occurred and unless you do, we wouldn't recommend it!