

Chickpea Pasta with Tofu & Veggies

The Vegan Gym • Lunch • Dinner • GF

490 cal • 38g protein • 55g carbs • 14g fat • 4 servings

Ingredients

- 12 oz chickpea pasta dry (like Banza)
 - 4 cups pasta sauce
 - 2 blocks extra firm tofu crumbled
 - 8 cups raw spinach
 - 2 cups shelled edamame
 - 16 cups raw kale chopped
 - 4 tsp sunflower seeds
 - ¼ cup nutritional yeast
 - 4 tsp dulse flakes
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Instructions

1. Cook chickpea pasta according to package directions. Drain and set aside.
 2. Crumble both blocks of tofu into a large skillet. Cook over medium heat for 5-7 minutes until lightly golden.
 3. In a separate large pot, wilt the chopped kale with a splash of water, stirring frequently, about 3-4 minutes.
 4. Add raw spinach to the kale and stir until wilted, about 2 minutes.
 5. Add the cooked pasta, crumbled tofu, pasta sauce, and edamame to the pot with greens.
 6. Stir everything together and cook for 3-4 minutes until heated through.
 7. Sprinkle with nutritional yeast, sunflower seeds, and dulse flakes.
 8. Divide into containers for meal prep. Keeps well in the fridge for 4-5 days.
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Generated by Meal Planner • Per serving macros