



VEGAN SPINACH, TOFU &

BUTTERNUT SQUASH STRUDEL

WITH CRANBERRY & SUNFLOWER SEEDS

RECIPE

Vegan Strudel
Prep time: 30 minutes
Cooking time: 40 minutes
Serves 8

INGREDIENTS

200g baby leaf spinach
200g tofu, pressed and diced into 1cm cubes
200g butternut squash, skin removed, diced into 1cm cubes
2 tbsp. olive oil
50g sunflower seed, toasted
2 crushed garlic cloves
Zest of 2 lemons
½ tsp. nutmeg
Handful of dill, finely chopped
Salt & cracked black pepper
50g dried cranberries
4 sheets of filo pastry
Almond milk for brushing

For the marinade:

100g spinach
10g sunflower seeds, toasted
1 clove garlic, crushed
2 tbsp. olive oil
salt and pepper

METHOD

- Preheat the oven to 180C;
- Make the marinade by placing all ingredients in a blender and puree;
- If the tofu is not already pressed leave in between sheets of greaseproof weighted down by an upturned plate for 1 hour. This will make it easier to cut and will hold better in the strudel;
- Toss in half the spinach and sunflower marinade with the diced tofu
- Wilt the rest of the spinach in a pan, squeeze out the liquid and roughly chop;
- Roast the butternut squash in ½ tbsp. oil until just softening;
- Mix the spinach, tofu, butternut, sunflower seeds, garlic, lemon zest, nutmeg, dill, salt and pepper, cranberries together carefully to prevent the ingredients becoming crushed;
- Lay 1 sheets of the filo on a sheet of greaseproof and brush with olive oil. Then top with a second sheet. Brush with oil and repeat until 4 sheets are stacked on top of each other;
- Brush the top of the 4th sheet with the remaining spinach and sunflower seed pesto;
- Transfer the filling ingredients to the filo and form a log shape along the long axis;
- Using the greaseproof roll up the strudel into a tight log with the join underneath;
- Transfer to a lined baking sheet and brush with almond milk;
- Slash the top diagonally 4 times;
- Bake for 40mins or until the pastry is crispy and golden brown; and
- Leave to stand for 5 mins and then slice.