



Delicious Chanterelle Pasta Nests

⌚ Preparation time: 20 minutes
Cooking time: 25 minutes
Total time: 45 minutes

👤 Portions: 4

Ingredients (serves 2-3/ 12 pasta nests)

- 200 g (7 oz) vegan Tagliatelle pasta
- Salt
- 180 g (6.34 oz) chanterelles (after cleaning and trimming the stems: 150 g/ 5.29 oz)
- 80 g (2.8 oz) onion
- 1 small clove of garlic
- 60-80 g (2.1-2.8 oz) smoked tofu
- A handful of fresh parsley
- 1-2 tbsp. vegetable oil + some oil for greasing the muffin tray
- 400 g (14.1 oz) silken tofu
- 2 tbsp. corn starch (or 3-4 tbsp. chickpea flour)
- 15 g (0.5 oz/3 heaped tbsp) yeast flakes
- Optional: 1 heaped. tsp. cashew paste
- 1 small tsp. turmeric
- 1 tsp. paprika powder
- Pepper
- Optional: 1-2 tsp. roasted sesame seeds and a pinch of chili flakes
- Tip: Enjoy with rocket salad

Also: A muffin tray with 12 muffin wells

Instructions (20 minutes preparation + pasta cooking time + 25 minutes baking)

1. Bring a pot with plenty of salted water to the boil and cook the tagliatelle "al dente" according to the package instructions. Drain the water and rinse the pasta briefly with water to prevent it from sticking together.
2. Wash chanterelles well so that they are free of earth and sand. Shorten the stems if necessary, cut away bad spots and dab chanterelles dry. Halve large chanterelles or cut them into small pieces.
3. Peel onion and garlic clove and chop finely. Finely dice the smoked tofu as well. Wash parsley, shake dry and chop finely.
4. Heat 1-2 tablespoons vegetable oil in a pan and sauté the onion and garlic cubes briefly until translucent. Add the smoked tofu and fry for about 2-3 minutes until it has an intense fragrance. Then add the cleaned chanterelles, stir well and fry all ingredients together for another 2-3 minutes. Lightly salt and pepper the mushrooms.
5. Mix silken tofu with cornstarch, yeast flakes, optionally 1 teaspoon cashew paste, turmeric as well as paprika powder, a little salt and pepper in your blender until creamy. Then whisk in the fried chanterelles and add plenty of chopped parsley.
6. Preheat oven to 180 °C/ 356 °F fan. Grease the muffin tray with oil.
7. Place the cooked tagliatelle in a circle in the muffin tins. Make sure to leave some space in the middle for the filling.
8. Now pour the mushroom-silken tofu mixture in the middle of the pasta nests until the moulds are filled. Allow the liquid to soak into the noodles and help a little with a spoon if necessary. Then add more tofu cream until the noodle nests are filled up as shown in the photo below.
9. Bake tagliatelle nests in a preheated oven at 180 °C/ 356 °F fan for about 25 minutes until they are nice and golden brown on the surface.
10. Remove the pasta nests from the from the moulds (you may need to use a small knife) and enjoy. They taste super delicious hot or cold. Salad goes wonderfully with them. If you like, you can also sprinkle the noodle nests with roasted sesame seeds and some chili flakes. Bon appetit!

Tip: You can of course vary the filling and use mushrooms instead of chanterelles, for example, or you can replace the mushrooms completely with lightly fried vegetables. Just as you like.

The pasta nests are creamy and soft on the inside, but so firm on the outside that you can take them with you when you're on the go. They are also perfect for a cold buffet or to bring along to parties and garden parties.