



One Pot-Pasta "Greek Style"

🕒 Preparation time: 20 minutes

👤 Portions: 2

Cooking time: 0 minutes

Total time: 20 minutes

Ingredients (serves 2)

- 200 g (7.05 oz) vegan pasta of your choice
- 50-70 g (1.7-2.4 oz) onions
- 1 clove of garlic
- 150 g (5.3 oz) Cocktail or cherry tomatoes
- 150-180 (5.3 - 6.3 oz) g pickled artichokes, drained
- 120 g (4.23 oz) zucchini
- 80-100 g (2.8 - 3.5 oz) dried, pickled tomatoes
- 2 slices lemon, non-treated/organic (optional)
- 40 g (1.4 oz) black or green olives, pitted
- Salt
- 1 tbsp. Herbs of Provence
- A bunch of (Thai) basil
- 600 ml (20 fl. oz) water
- 1 tsp. vegetable stock powder/broth
- Pepper to taste
- 1 tbsp. cashew paste (or almond paste)

For the vegan tofu "feta"

- 100 g (3.5 oz) firm tofu
- 1-2 tsp. oil of the pickled tomatoes (or olive oil)
- 1 small clove of garlic, pressed (or 1/2 tsp garlic powder)
- 1 small tbsp. Herbs of Provence
- 1 tbsp. yeast flakes
- 1 tsp apple cider vinegar (or lemon juice)

Instructions (approx. 20 minutes preparation time)

1. For the tofu feta to be particularly aromatic, I start with its preparation in this recipe. So the tofu feta can marinate and take the intense flavor of the herbs well until serving. For this, finely crumble the tofu into a bowl. Mix tofu with 1-2 tsp. of oil of the pickled tomatoes, garlic clove, herbs de Provence, yeast flakes and apple cider vinegar and then let it sit until serving.
2. For our "One-Pot Pasta", peel onions, halve and cut into fine strips. Peel and chop the garlic clove. Wash and quarter cherry tomatoes. Drain and halve pickled artichokes. Wash zucchini, cut in half and slice. Chop drained sun-dried tomatoes. Cut off 2 slices of lemon, drain pitted olives.
3. Place vegan pasta in a high pot with onion strips, minced garlic, quartered cherry tomatoes, halved artichokes, zucchini chunks, chopped sun-dried tomatoes, 2 lemon slices, olives, 1 pinch of salt, 1-2 teaspoons of herbs de Provence, and plenty of chopped basil.
4. Add 600 ml (20 fl. oz) of water to the ingredients and bring to a boil, add vegetable broth powder and carefully press the pasta into the liquid (as soon as it becomes flexible). Simmer pasta gently for 10 minutes, then stir well. Depending on the type of pasta, you may need to add another 100 ml (3.4 fl. oz) of water.
5. After 10 minutes, mix the pasta well and simmer gently for another 5-7 minutes until the pasta is "al dente". Now stir in 1 tbsp. cashew paste and season the pasta with salt and pepper. I also add another tsp. of the aromatic oil of the pickled tomatoes for seasoning. Possibly add a little more herbs de Provence.
6. Place pasta in two bowls, top with a few additional pieces of chopped pickled tomatoes, sprinkle with plenty of tofu feta and pepper again. Serve pasta hot garnished with plenty of aromatic (Thai) basil.