

# Spinach and Tofu Scrolls (Dairy Free)

OSHC

## Ingredients

### Spinach Filling:

- 400g frozen spinach, thawed and drained
- 2 spring onions, finely sliced
- ¼ cup fresh herbs (parsley, mint, dill), finely chopped
- 200g silken tofu, crumbled
- 1 lemon, zested
- Ground black pepper, to season

### Dough:

- 2 ¼ cups plain flour + extra for rolling
- 2 teaspoons baking powder
- 2 tablespoons olive oil
- ¾ cup soy milk + extra for brushing
- 1 egg

Serves: 12

Prep Time: 15 mins

Cook Time: 15 mins



## Method

1. Preheat oven to 220°C and line a large baking tray with baking paper.
2. In a mixing bowl, combine the thawed and drained spinach, spring onions, fresh herbs, silken tofu, lemon zest and ground black pepper. Mix well to combine and set aside.
3. Place the plain flour and baking powder in a large mixing bowl. In a separate bowl, combine the olive oil, soy milk and egg. Using a fork, beat until well combined. Pour this mixture into the flour and fold to form a dough.
4. Place the dough onto a well-floured surface and roll out into a rectangle shape (approx. 30cm x 25cm), placing the widest side nearest you. Brush the surface with a little extra soy milk.
5. Spoon the prepared spinach and tofu filling evenly over the dough.
6. Starting from the widest side of the dough, roll away from yourself, to form a tight spiral. Cut the roll into 12 slices and place on the prepared baking tray. Place the scrolls flat side down so that they touch each other in a cluster.
7. Brush with a little soy milk and bake for 12 – 15 minutes or until golden-brown and cooked through.
8. Allow to cool before serving.

### Recipe Notes:

Tofu is made from soy and is a great source of protein and contains many vitamins and minerals. It can be silken, soft, firm or extra firm and has a subtle flavour that works well in both savoury and sweet dishes.

Food Group	Serves per portion
Vegetables	1.7
Fruit	0
Grain foods	0.75
Lean meat and alternatives	0.3
Milk, yoghurt and cheese	0.2