

# Spinach and Tofu Scrolls (Dairy Free)

Food Foundations

## 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 pepper, to season

### Dough:

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

**Makes:** 12 scrolls

**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, tofu, lemon zest and pepper. Mix well to combine and set aside.
3. Place the flour and baking powder in a large mixing bowl. Combine oil and milk. Using a fork, beat the egg into the milk mixture until combined. Pour this mixture into the flour and fold to form a dough.
4. Place dough on a well-floured surface and roll into a rectangle (30cm X 25cm), placing the widest side nearest to you. Brush the surface with a little extra milk.
5. Spoon all the filling ingredients 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 a lined baking tray. Place the scrolls flat side down so that they touch each other in a round cluster.
7. Brush with a little 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 savory or 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