

Moroccan Tofu in a Lemon-Olive Sauce over Spaghetti

by [Rhea](#) on April 13, 2013

Ingredients:



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| <i>1 lb. brown rice spaghetti</i> | <i>4 cloves garlic, minced</i> |
| <i>1 block extra-firm tofu, pressed and drained</i> | <i>2 lemons</i> |
| <i>¼ cup chickpea flour</i> | <i>2 fresh bay leaves</i> |
| <i>½ tsp. Kosher salt</i> | <i>2 tsp. turmeric</i> |
| <i>¼ tsp. black pepper</i> | <i>2 tsp. ground cumin</i> |
| <i>1 tsp. garlic powder</i> | <i>2 tsp. ground coriander</i> |
| <i>1 tsp. dried thyme</i> | <i>1 cinnamon stick</i> |
| <i>2 Tbs. extra-virgin olive oil, divided</i> | <i>3 cups low-sodium vegetable broth</i> |
| <i>1 large onion, thinly sliced</i> | <i>½ cup pitted green olives</i> |
| | <i>2 Tbs. fresh parsley, chopped</i> |

Directions:

In a large pot of salted boiling water, cook the spaghetti according to the package directions until al dente.

1. Cut the tofu into bite-sized chunks or slices.
2. In a shallow bowl, combine the flour, salt, pepper, garlic powder and thyme. Add the tofu to the flour mix and toss to coat.
3. Heat 1 Tbs. of the oil in a large skillet or saute pan over medium-high heat. Shake off any excess flour and cook the tofu until browned on all sides, about 3 minutes each side.
4. Add the onions and garlic to the pan and stir to mix with the tofu. Cut one of the lemons into slices and add them, along with the bay leaves, to the pan.
5. Add the spices, vegetable stock and olives to the pan. Stir often while letting the liquid reduce by half. You want to have enough sauce to cover the pasta. If you need more sauce, add more broth.
6. When the sauce has reduced and thickened, turn off the heat. Remove the bay leaves and cinnamon stick.
7. Add the juice of the 2nd lemon and stir in the parsley.
8. Divide the spaghetti into serving bowls. Top with the tofu and sauce. Make sure everyone gets some lemon slices from the sauce in their bowl.