Penne Gratin with Tofu Bechamel and Wagyu Ragu

WAGYU JAPANESE BEEF

346 kcal (per serving) **30 min**

A healthy and light penne gratin made with a tofu bechamel sauce.

Makes 2 servings

Ground Wagyu	60 g
Onion	1/3 (70 g)
Tomato sauce	50 g
Spinach	1/4 (70 g)
Penne	30 g
Mild cheese (mozzarella, etc.)	20 g
Parsley	
Butter	5 g
Salt	2 pinches
Pepper	2 pinches
Vegetable oil	1/2 tablespoon

Bechamel Sauce

Firm tofu	60 g
Heavy cream	40 g
Salt	Pinch
Pepper	Pinch

1. Place tofu in a microwave-proof container and heat at 600 watts for 3 minutes to remove moisture. Wrap in a paper towel to remove additional moisture, then push tofu through a screen or sieve using a spatula.
2. Make the ragu sauce. Heat oil in a frying pan and saute minced onion over low heat for 3 or 4 minutes. Add ground Wagyu and saute, breaking up meat. Add tomato sauce and season with salt and pepper.
3. Make the tofu bechamel sauce. In a pot, simmer heavy cream over low heat to reduce and thicken. Add tofu and season with salt and pepper.
4. Chop spinach into 3 or 4 cm pieces. Melt butter in a frying pan and saute spinach over high heat for about 90 seconds until wilted. Season with salt and pepper. Boil penne in a pot of salted water.
5. In a gratin dish, layer sauted spinach, ragu sauce, and penne in that order. Cover with tofu bechamel sauce and top with grated cheese. Bake in a 200°C oven for about 10 minutes. Remove from oven and garnish with minced parsley.