

# All-Day Vegan Breakfast Tart

Serves 1 | Active Time: | Total Time: 35 minutes

*Swick*

## Chef's Notes

If you can't find bacon-flavored vegan mayo, use 4 Tbsp plain vegan mayo + 1/2 tsp smoked paprika, 1/2 tsp maple syrup, and 1/4 tsp ground black pepper.

If you can't find Wicked Kitchen Smokey BBQ Nooch Seasoning, use 1 1/2 Tbsp nutritional yeast + 1 1/2 tsp BBQ rub of your choice.

Garnish with some fresh thyme sprigs to go all out!

### Nutritionals:

Calories 216 | Total Fat 13.5g | Saturated Fat 5.5g | Cholesterol 6mg | Sodium 436mg | Total Carbohydrate 19.8g | Dietary Fiber 3.9g | Total Sugars 6g | Protein 5.8g | Vitamin D 0mcg | Calcium 138mg | Iron 2mg | Potassium 772mg |

## Step 1: Make the Tart

- 2 blocks (14 oz each) of extra-firm tofu
- 1/2 tsp kala namak (Indian black salt)
- 1/2 tsp granulated garlic
- 1/2 tsp ground turmeric
- 1/2 tsp ground black pepper
- Salt
- 4 Tbsp Wicked Kitchen Bac-No-Naise Vegan Mayo or other bacon-flavored vegan mayo
- 2 Tbsp Wicked Kitchen Smokey BBQ Nooch Seasoning
- 3/4 cup shredded vegan cheddar-style cheese
- Vegetable oil
- 1 bag (about 5 oz) of baby spinach
- 1 sheet (about 8 oz) vegan puff pastry, thawed
- 10 cherry tomatoes
- Your favorite BBQ sauce, to taste

Preheat the oven to 400°F.

Drain the tofu, then squeeze it gently over the sink to remove some excess moisture. Try not to press too hard or it will break. Wrap the squeeze blocks in paper towels to remove a little more moisture. Then coarsely crumble the tofu into a mixing bowl.

Add the black salt, garlic, turmeric, pepper, mayo, nooch seasoning, and cheese to the bowl. Season with a little salt, then mix everything together.

Heat a medium skillet over medium heat and swirl in 1 Tbsp vegetable oil. Add the spinach and cook just until wilted, a minute or so. Transfer it to the bowl and mix in. The tofu should break up into smaller bits as you mix. You want it the size of scrambled egg curds.

Unroll the thawed puff pastry in its parchment paper on a work surface. Brush some vegetable oil around the perimeter of the pastry, about 1" wide. Season with a little salt and pepper, then fold all the sides in over the oil to create a rim about 1" wide. Crimp the rim with a fork. That makes it look nice and keeps it from puffing up too much. Use the fork to poke holes all through the pastry to keep it from puffing.

Spoon the filling onto the pastry then spread it all the way to the rim, pressing it gently to make an even layer. Dot the top with the cherry tomatoes, pressing them in gently.

Pick up opposite ends of the parchment to transfer the tart and parchment to a quarter sheet pan (about 10 × 12" rectangle pan). Bake until the pastry is puffed and lightly browned around the edges, 20 to 25 minutes.

You can serve this tart hot or let it cool and serve it at room temperature. We like to cut into 6-8 squares. Transfer the squares to plates and squirt with a little BBQ sauce.