



Product Spotlight: Fennel

Fennel belongs to the same family as parsley, dill and coriander. Its bulb, stalk, leaves and seeds are all edible!





Spice it up!

The crumbled marinated tofu can be boosted in flavour with some crushed garlic, chilli flakes or other fresh herbs that you may have on hand.

J2 Herby Crumbled Tofu with Roasted Vegetables

A mix of roasted vegetables topped with crumbled, marinated tofu; olive oil, lemon and mint give this crumbled tofu a deliciously soft, flavourful taste.

 35 minutes

 2 servings

 Plant-Based

FROM YOUR BOX

BABY POTATOES	400g
BEETROOT	1
FENNEL	1
CHERRY TOMATOES	1 bag (200g)
LEMON	1
MINT	1 packet
FIRM TOFU	1 packet
ROCKET LEAVES	1 bag (60g)
DUKKAH	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds, maple syrup

KEY UTENSILS

oven tray

NOTES

Use the tofu to taste. If you choose to marinate all it would be lovely tossed through pasta or blend it into a dip for the next day.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge potatoes, beetroot and fennel (keep green fronds for marinade). Toss on a lined oven tray with tomatoes, **1 tsp fennel seeds, oil, salt and pepper**. Roast for 25 minutes or until tender and cooked through.



4. TOSS THE ROCKET

In a bowl whisk together **2 tsp olive oil, 1 tsp maple syrup** and 2 tsp lemon juice. Add rocket and toss together. Season to taste with **salt and pepper**.



2. MAKE THE MARINADE

Zest lemon, chop mint leaves and reserved fennel fronds. Whisk together with juice from 1/2 lemon, **1/2 cup olive oil, salt and pepper**.



3. CRUMBLE THE TOFU

Crumble tofu into marinade and mix well (see notes).



5. FINISH AND SERVE

Divide rocket and vegetables among plates. Top with herbed tofu and sprinkle with dukkah.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

