



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.

J4 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

 4 servings

 Plant-Based

FROM YOUR BOX

| | |
|-----------------|--------------|
| BABY POTATOES | 800g |
| BEETROOTS | 3 |
| FENNEL | 1 |
| CHERRY TOMATOES | 1 bag (400g) |
| LEMON | 1 |
| MINT | 1 packet |
| FIRM TOFU | 1 packet |
| ROCKET LEAVES | 1 bag (120g) |
| DUKKAH | 1 packet |

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray

NOTES

If you have 2 oven trays for your roasted vegetables it will speed the cooking process up.



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, **2 tsp fennel seeds, oil salt and pepper**. Roast for 25–30 minutes until tender and cooked through (see notes).



4. TOSS THE ROCKET

In a large bowl whisk together **1 tbsp olive oil, 1/2 tbsp maple syrup** and remaining 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.



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**

