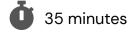




Herby Crumbled Tofu

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.







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.

TOTAL FAT CARBOHYDRATES

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, beetroots 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.



