Main dishes / Belgium

Tofu tray bake with courgette and cauliflower · Belgium

A colourful tofu and vegetable tray bake with modern Belgium-inspired flavourings.

Time 45 min **Servings** 4

What you'll need.

- ☐ 600 g firm tofu
- ☐ 450 g courgette
- ☐ 350 g cauliflower
- ☐ 35 ml neutral cooking oil
- ☐ 20 g wholegrain mustard
- ☐ 2 g dried thyme
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Heat the oven to 200°C. Pat the tofu dry and cut into cubes.

02 Cut the vegetables small and briefly parboil firm varieties. Drain thoroughly.

03 Toss the tofu and vegetables with the oil and spread on a large tray. Keep leafy vegetables aside.

04 Roast for twenty-five to thirty minutes, turning halfway. Add any leafy vegetables for the final five minutes only.

05 Mix the listed flavourings into the hot dish. Check the vegetables are tender and the tofu piping hot.

AI-developed, not kitchen-tested.

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