Main dishes / Scotland

# Tofu tray bake with sweet potato and parsnip · Scotland

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

**Time** 45 min **Servings** 4

## What you'll need.

- ☐ 600 g firm tofu
- ☐ 450 g sweet potato
- ☐ 350 g parsnip
- ☐ 35 ml neutral cooking oil
- ☐ 15 g wholegrain mustard
- ☐ 10 g chives
- ☐ 2 g dried thyme
- ☐ 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.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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