Main dishes / Ireland

Tofu tray bake with fennel and kale · Ireland

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

Time 45 min **Servings** 4

What you'll need.

- ☐ 600 g firm tofu
- ☐ 450 g fennel
- ☐ 350 g kale
- ☐ 35 ml neutral cooking oil
- ☐ 15 g wholegrain mustard
- ☐ 10 g fresh parsley
- ☐ 10 ml apple cider vinegar
- ☐ 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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