Main dishes / Netherlands

# Tofu tray bake with broccoli and green asparagus · Netherlands

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

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

## What you'll need.

- ☐ 600 g firm tofu
- ☐ 450 g broccoli
- ☐ 350 g green asparagus
- ☐ 35 ml neutral cooking oil
- ☐ 15 g mild mustard
- ☐ 1 g ground nutmeg
- ☐ 10 g chives
- ☐ 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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