

Tray Baked Tofu with Roasted Mediterranean Vegetables

Serves 2-3

40 mins

1 main ingredient

What you'll need

Main ingredients	Fresh/ frozen	Store cupboard
1 block Tofu cut into cubes	Courgettes Peppers Red onions Cherry tomatoes Sweet potato or squash Basil Garlic cloves Fresh squeeze lemon juice (optional)	Oregano Olive oil Chilli flakes (optional) Salt & Pepper, to taste

What to do

1. Preheat the oven to 180 degrees or 170 fan.
2. Wash and roughly chop the vegetables (to a similar size), spread in a single layer onto a lined baking sheet. Season with salt & pepper, a good drizzle of olive oil (so everything's lightly coated) and a sprinkle of dried oregano and/ or chilli flakes if using.
3. Bake in the centre of the oven for 20 minutes. After 20 minutes remove from the oven add the cubed tofu and give everything a good mix/ turn. Bake for a further 20 minutes or until all the vegetables are cooked through.
4. Serve with some fresh basil leaves and a fresh squeeze of lemon juice for freshness!

Notes & tips

- Make a big batch! it's perfect for lunch boxes and will keep in the fridge for a couple of days
- Salad on the side serve with a large crispy green leafy salad if you fancy some extra crunch
- Roasted veggies you could add or use a whole host of veggies - consider; cauliflower, broccoli, olives, fennel, beetroot, aubergine, celeriac, celery