

Baked tofu & potato with spinach

*serves 2-3

Ingredients

500g firm tofu
1 medium sweet potato
300g chat potatoes
Extra virgin olive oil
80 baby spinach leaves

Juice of ½ lemon
Smokey paprika
Cayenne pepper
Salt

Method

- Pre-heat oven to 180 C. Cut sweet potato into 2 cm pieces and chat potatoes in half - or quarters depending on size - leave the skin on. Place potatoes in a large baking dish, drizzle with 2-3 tbs olive oil, add a sprinkle of smokey paprika, cayenne pepper and salt and toss well. Bake veggies in oven for 30-40 minutes or until starting to caramelize.
- Cut tofu into 3cm by 2 cm pieces and toss with some olive oil, smokey paprika, cayenne pepper and salt. Place on baking tray and bake in oven for 15-20 minutes – so pop in oven when veggies are about half way through cooking.
- Mix all potatoes and tofu together in the baking dish and fold through the baby spinach. Squeeze lemon juice over and serve in a bowl and enjoy!

Option with fried broccoli: Divide broccoli into florets and then slice each floret into ~7-8mm thick pieces. Heat 2-3 tbs olive oil on a large fry pan and cook broccoli until browning and going crispy.

