

Roasted Tofu with Fennel and Warm Tomatoes

Fennel and tofu are not the most obvious pair at first glance, but they work because one brings aromatic freshness and the other brings calm structure. The dish succeeds when both keep their identity on the plate.

Servings

2 servings

Prep and cook time

about 30 minutes

Nutrition per serving

438 kcal | 26 g protein | 24 g fat | 23 g carbs

Ingredients

- 300 g firm tofu (10.5 oz)
- 1 medium fennel bulb, about 250 g (9 oz)
- 180 g tomatoes (6 oz)
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp chopped thyme
- salt
- black pepper

Method

- 1 Preheat the oven to 210°C / 410°F.
- 2 Pat the tofu dry and cut it into slices or cubes. Slice the fennel and chop the tomatoes.
- 3 Toss the fennel and tomatoes with olive oil, thyme, salt, and pepper and spread on a baking sheet.
- 4 Add the tofu to the tray and roast until the fennel is tender and the tofu has taken on some color.
- 5 Finish with lemon juice.
- 6 Serve hot.

What matters

- Tofu should be dried before roasting.
- Fennel should soften and sweeten but still keep some structure.
- Lemon belongs at the end, not at the beginning.

Variations

- Zucchini can be added to the tray.
- A few olives fit well here.
- Parsley works as a final herb.