Roasted winter vegetables with grilled tofu and chicken

Preparation time

20 minutes

Cooking time

30 minutes (+2-3 hours marinating time)

Serves

4

Recipe courtesy of

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Ingredients | Method | Nutrition

400g chicken thigh fillets

1 tbsp basil pesto

1 pinch salt

¼ tsp pepper

1 tbsp lemon juice

1 tbsp vinegar

1 tsp olive oil (extra virgin)

VEGETABLES

1 medium capsicum

½ floret broccoli

250g green beans

1 bunch asparagus

VEGETABLE SEASONING

Drizzle olive oil (extra virgin)

1 pinch salt

1 pinch pepper

1 tsp chilli flakes

1 tsp garlic

Tofu mixture 900g

1 tsp basil pesto

1. For the chicken marinate, trim fat off chicken thighs and cut thigh fillet into 4 medium pieces.
2. In a small bowl combine basil pesto, salt, pepper, lemon juice, vinegar, and olive oil and mix well.
3. Rub the marinade into the chicken pieces, making sure the mixture is evenly distributed.
4. Cover with plastic wrap and set aside in the fridge for 2-3 hours or overnight for best results.
5. Pre-heat the oven at 180C for 15-20 minutes
6. Chop capsicum into strips and broccoli into small pieces. In a bowl, drizzle asparagus, capsicum, broccoli, and green beans with olive oil.
7. For the seasoning, combine salt, pepper, chili flakes, diced garlic and mix well.
8. Add seasonings into the vegetable mix and combine well.
9. On two baking trays, line foil on each tray and spray with olive oil. Place marinated chicken on one tray and vegetable mixture on the other.
10. Fan bake for 15 minutes, then grill tofu for 10 minutes or until tender.
11. In a small bowl, combine 1 tsp basil pesto and a pinch of salt to taste.
12. Dice the firm tofu into 8 pieces and marinate into the pesto mix.
13. In a small, oiled pan, sauté marinated tofu for 2 minutes on each side on medium heat.

14. Remove from pan and leave to cool. Serve dishes with green salad leaves and baby spinach (optional).

Tips: Marinate chicken prior overnight or use as meal prep for the week. An alternative to cooking chicken is using an airfryer. You can air fry the chicken on 20 C for 20 minutes.

Nutritional information is provided per serve

Engery	2228 kj (532 calories)
Protein	48g
Saturated Fat	6g
Total Fat	32g
Carbohydrates	6g
Sugars	5g
Dietary Fibre	12g
Sodium	259mg