

Tofu, Cheese and Veggie Bake

Calories: 440.6 kcal

Servings: 5

Time: 55 Mins

Ingredients

- 150.00 g Cheddar Cheese (grated)
- 200.00 g Eggplant (thinly sliced)
- 0.25 tsp Garlic Powder (optional)
- 200.00 g Green Pepper (thinly sliced)
- 500.00 g Nigari Tofu (firm)
- 200.00 g Onions (thinly)
- 0.50 tsp Sage (dried)
- 1.50 g Thyme (dried)
- 0.50 cup Water
- 300.00 g Zucchini (thinly sliced)

Instructions

1. Marinade:
2. Mix soy sauce and garlic with the water to make marinade for tofu.
3. Slice tofu in thick slices and place slices on their sides in a small dish and pour marinade over. Marinade for at least 10 minutes.
4. Veggie Bake:
5. Preheat oven to 180°C.
6. Combine salt and herbs together in a small bowl.
7. Lightly oil a 20 x 20 cm or larger covered casserole dish then layer ingredients in as follows: Onion, zucchini, eggplant, green pepper. Sprinkle with the salt and herb mixture on each layer.
8. Add drained tofu over the vegetables, add the grated cheese then pour tofu marinade evenly all over.
9. Cover and bake at 180°C for about 45 minutes or until vegetables are tender.