

Baked Vege Tofu Chicken with Cabbage and Sweet Potato Noodles in Cheesy Tomato

An irresistible fusion of flavors and textures, this hearty and wholesome dish is sure to tantalize your taste buds and nourish your body. Get ready to embark on a culinary adventure with our step-by-step recipe.

Preparation time: 15 minutes

Cooking time: 30 minutes



Vegetarian Cooking: Baked Vege Tofu Chicken with Cabbage and Sweet Potato Noodles in Cheesy-Tomato Sauce (Vegetarian Cooking - Vege Poultry Book 43)

by Hannie P. Scott

★★★★☆ 4.3 out of 5

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Print length : 6 pages



Total time: 45 minutes

Servings: 4-6

Ingredients

For the Tofu Chicken:

- 14 ounces firm tofu, drained and cut into 1-inch cubes
- 1/4 cup cornstarch
- 1/4 cup soy sauce
- 2 tablespoons vegetable oil

For the Vegetables:

- 1/2 head of cabbage, shredded
- 1 large sweet potato, peeled and spiralized into noodles
- 1 cup cherry tomatoes, halved
- 1/2 cup chopped red onion

For the Cheesy Tomato Sauce:

- 1 (15-ounce) can tomato sauce
- 1/2 cup shredded cheddar cheese
- 1/4 cup shredded mozzarella cheese
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

For the Tofu Chicken:

1. In a large bowl, combine the tofu cubes with the cornstarch and soy sauce. Toss to coat evenly.
2. Heat the vegetable oil in a large skillet over medium heat. Add the tofu cubes and cook until golden brown and crispy on all sides, about 8-10 minutes.

For the Vegetables:

1. In a large bowl, combine the cabbage, sweet potato noodles, cherry tomatoes, and red onion.

For the Cheesy Tomato Sauce:

1. In a medium bowl, combine the tomato sauce, cheddar cheese, mozzarella cheese, oregano, salt, and black pepper. Stir until well combined.

To assemble:

1. Preheat oven to 375 degrees Fahrenheit (190 degrees Celsius).
2. In a large baking dish, spread the vegetable mixture in an even layer.
3. Top with the crispy tofu chicken.
4. Pour the cheesy tomato sauce over the chicken and vegetables.
5. Bake for 20-25 minutes, or until the sauce is bubbly and the vegetables are tender.
6. Serve immediately and enjoy!

Tips

- For a vegan option, use plant-based cheese in the tomato sauce.
- If you don't have a spiralizer, you can julienne the sweet potato using a sharp knife.
- Add other vegetables to your liking, such as broccoli, zucchini, or bell peppers.

Benefits

This baked vegetable dish is not only delicious but also packed with essential nutrients. Here are some of the benefits of the key ingredients:

- **Tofu:** Rich in protein, calcium, and iron.
- **Cabbage:** Contains vitamin C, vitamin K, and fiber.
- **Sweet potato:** Excellent source of vitamin A, vitamin C, and potassium.
- **Cheddar cheese:** Good source of calcium, protein, and vitamin D.
- **Mozzarella cheese:** Contains calcium, protein, and riboflavin (vitamin B2).
- **Tomato sauce:** Rich in lycopene, an antioxidant that has been linked to reduced risk of heart disease and cancer.

Indulge in the tantalizing fusion of flavors and textures with our Baked Vege Tofu Chicken with Cabbage and Sweet Potato Noodles in Cheesy Tomato. This heartwarming dish will not only satisfy your taste buds but also nourish your body from the inside out. Get your copy today and embark on a culinary adventure that will leave you craving for more!

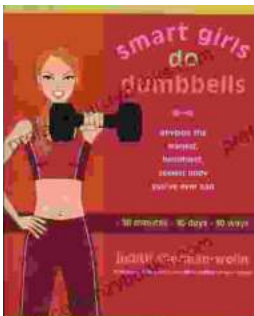


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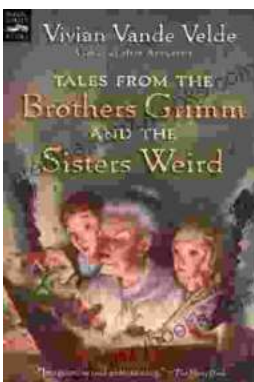
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