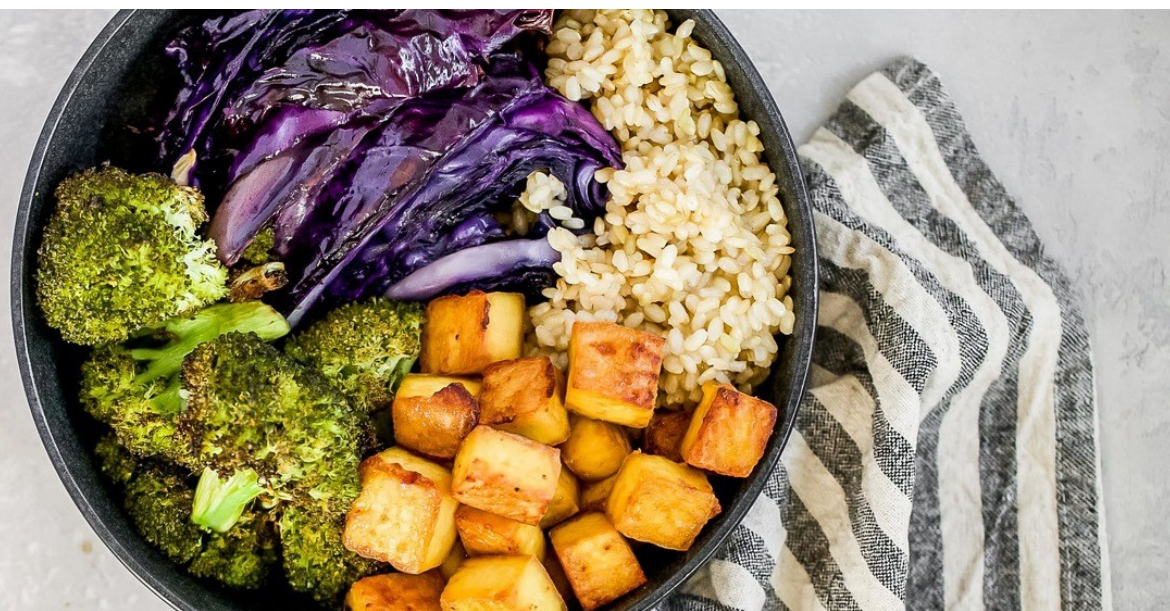


Roasted Cabbage, Broccoli & Tofu

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line two baking sheets with parchment paper. Cook the rice according to package directions.
2. In a bowl, whisk together the maple syrup, tamari, 1/3 of the oil, and salt and pepper. Add the tofu cubes to a bowl and gently toss. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the tofu on a parchment-lined baking sheet.
3. On the second baking sheet, arrange the cabbage and broccoli and drizzle with the remaining oil and season with salt and pepper.
4. Place both baking sheets in the oven and bake for 25 to 30 minutes, flipping everything halfway through. Bake until the tofu and vegetables are crispy. Divide onto plates with the rice and enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add chili flakes.

Additional Toppings

Serve with a peanut sauce or other dipping sauce on top or on the side.

Ingredients

- 1 cup Brown Rice (uncooked)
- 1 tbsp Maple Syrup
- 1 tbsp Tamari
- 3 tbsps Avocado Oil (divided)
- 453 grams Tofu (extra-firm, pressed and cubed)
- 1 1/2 tbsps Arrowroot Powder
- Sea Salt & Black Pepper (to taste)
- 5 cups Purple Cabbage (sliced in wedges)
- 5 cups Broccoli (chopped)