



# CHARRED CABBAGE WITH SWEET POTATO WEDGES, CRISPY TOFU & GREEN GODDESS SAUCE

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 620/SERVING



Crispy charred cabbage takes center stage here. Paired with thick-cut caramelized sweet potato wedges, crispy pan-fried tofu, fresh cucumber, and an herb-filled creamy green goddess sauce.

## WHAT YOU'LL NEED

- 2 baking sheets
- 2 silicone baking mats (optional)
- Large pan
- Oil
- Salt
- Pepper





## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

### WHAT'S INSIDE

	2 servings	4 servings
Tofu	200 g	400 g
Sweet potato	1	2
Purple cabbage	1/4 head	1/2 head
Baby cucumber	1	2
Green onions	2	4
Green goddess	1/2 cup	1 cup

### Nutrition Facts Valeur nutritive

Per Serving (563 g)  
pour 1 (563 g)

Calories 620	% Daily Value*
Fat / Lipides 42 g	56 %
Saturated / saturés 6 g	30 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 47 g	
Fibre / Fibres 12 g	43 %
Sugars / Sucres 17 g	17 %
Protein / Protéines 27 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 230 mg	10 %
Potassium 1450 mg	31 %
Calcium 850 mg	65 %
Iron / Fer 7.5 mg	42 %

\*5% or less is a little 15% or more is a lot

\*5% ou moins c'est peu 15% ou plus c'est beaucoup



Preheat oven to 425°F and prep your ingredients: Slice **tofu** into 1/2 inch thick triangles, cut the **sweet potato** into wedges, slice the **cabbage** into wedges, and thinly slice the **cucumber** and **green onions**.



Toss the **sweet potatoes** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread on a baking sheet lined with a silicone baking mat or lightly greased. Bake for 35-40 minutes, flipping halfway, until golden and crispy.



Brush the **cabbage** with 1 tbsp of oil (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread on another baking sheet lined with a silicone baking mat or lightly greased and bake for 35-40 minutes. Once the **potatoes** are removed, broil the **cabbage** until slightly charred and crispy.



While the **vegetables** roast, warm 1 tbsp of **oil** in a large pan over medium hot. Once hot, add the **tofu** and cook until browned and crispy on all both sides. Season with **salt** and **pepper**.



Smear some **green goddess sauce** on the bottom of each plate and top with the **cabbage**, **sweet potatoes**, **tofu**, and **cucumber**. Garnish with **green onions** and the remainder of the **green goddess sauce**.