

Baked tofu in tomato sauce



For 2 servings:

300 g tofu, drained well and cut into pieces

1 tablespoon tomato paste or 2-3 tablespoons tomato passata

For the marinade:

1 teaspoon dried oregano

1 teaspoon dried thyme

1 teaspoon dried basil

1 teaspoon paprika powder

chili powder or dried chili flakes, to taste (optional)

salt and pepper, to taste

4-5 cloves garlic, mashed (or to taste)

2-3 tablespoons olive oil

Mix the spices (oregano, thyme, bususioc, paprika, salt and pepper) or you can use 2-3 tablespoons of seasoning for grill.

Mix all the ingredients for the marinade with 2 tablespoons of olive oil. Add the tofu and mix well until all the tofu pieces are coated with spices. Let it marinate in the fridge

for a few hours or it can be prepared the day before and left overnight to marinate.

Heat a tablespoon of olive oil in a pan, add the pieces of tofu and fry for few minutes, at medium heat, until golden-brown. Add the tomato paste dissolved in a little bit of water (or the tomato passata), stir fry for few minutes .

Serve with polenta or mashed potatoes, rice, cous cous, etc.

Variation: Instead of tofu you can use tempeh or seitan.