



# OVEN VEGETABLES WITH SWEET POTATOES AND TOFU

## INGREDIENTS

- 3 bell peppers
- 500 grams of sweet potatoes
- 2 red onions
- 1 can of chickpeas (400 grams)
- 1 tablespoon dried oregano
- 4 tablespoons of olive oil
- 15 grams of parsley
- 250 grams of tofu
- 250 grams of cherry tomatoes
- Baking tray with baking paper

MAIN COURSE

4 PERSONS

TIME: 75 MINUTES

## DIRECTIONS

Preheat the oven at 180° C.

Halve the bell peppers, remove the stalk and seeds and slice the flesh in slivers.

Clean the sweet potatoes and slice in thin pieces lengthwise.

Slice the onion in thin pieces.

Mix the bell pepper, potatoes, onion, chickpeas and oregano with the oil.

Season with black pepper and divide it on a with baking paper covered baking tray. Bake ca. 25 minutes in the oven.

Slice the parsley fine.

Take the baking tray out of the oven and serve the tofu through the potato-vegetable mixture. Bake ca. 10 minutes in the oven.

Put it back and serve after 20 minutes the cherry tomatoes through it. Bake 5 minutes more.

Take out of the oven, blend the parsley through it and serve.

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