

TONZU

PLANT-BASED WHOLEFOODS

Natural Herb Nuggets with Potato Wedges

Serves 2 people

These delightful little savoury tofu nuggets are a plant-based lover's dream and an absolute winner with the kids! Made of 100% plant-based and all-natural ingredients, finally, there is a genuine nuggets and chips option for healthy families! For a simple weeknight meal, bake or fry these tasty morsels until golden, bake some potato or kumara wedges in the oven in olive oil, salt and pepper. Add some favourite chopped raw veggies or a simple salad on the side and boom – healthy, yummy toddlers or kid's meal!

Difficulty Level: Easy

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes



INGREDIENTS

- 1 pack of TONZU Vegan Nuggets Natural Herb
- 1 tbsp olive oil for baking/frying
- 4 medium sized potatoes or kumara, cut into small wedges
- Selection of seasonal vegetables
- Optional garlic and mixed herbs for seasoning wedges

HOW TO MAKE

1. Coat wedges with olive oil, salt and pepper in a baking dish and bake at 180°C until golden and crispy for around 30 – 40 minutes – turning after 15 minutes. (NB kumara will only need 20 minutes or so). You can add crushed garlic and/or mixed dried herbs for more flavour if desired.
2. While the wedges are cooking, you can either fry the nuggets for a few minutes on each side in olive oil in a non-stick frypan, turning to brown evenly OR bake the nuggets in the oven, coated in olive oil, turning a few times for 20-30 minutes until golden.
3. While they are both cooking, arrange a selection of chopped colourful veggies on the side of the plate as the vegetable component (or make a salad for older children if desired).
4. Once nuggets and wedges are done, take them out using tongs and put onto a paper towel to drain off any excess oil for a minute or two. Serve immediately.