

Ginger Tofu and Veggies En Pappilote Recipe

Ginger Marinade:

- 3 tablespoons organic coconut milk
- 2 tablespoons Bragg's amino acids
- 2 tablespoons finely chopped fennel leaves
- 1 tablespoon finely chopped parsley
- 2 teaspoons freshly grated ginger
- 1 tablespoon finely ground blanched almonds
- 1 tablespoon lime juice
- 1 teaspoon brown rice syrup
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 cups tofu cut into 1 inch cubes

Veggie filling:

- 2 cups filtered water
- 1 medium zucchini, cut into 1/2-inch slices
- 1 medium sweet potato, peeled and cut into 1-inch cubes
- 1 cup of green beans, cut into 1-inch pieces
- 1 cup of broccoli, cut into bite-sized florets
- 4 pieces of parchment paper, each 12x12 inches
- 2 tablespoons of ghee at room temperature

1. Start by creating the ginger marinade: In a small mixing bowl, whisk together the coconut milk, Bragg's amino acids, fennel, parsley, ginger, almonds, lime juice, brown rice syrup, and black pepper. Then, add the tofu and gently stir to cover and coat evenly. Place in refrigerator for 1-2 hours.
2. Preheat oven to 400 degrees F.
3. For the veggie filling: Add all of the vegetables to a boiling pot of water, cover, and cook for 4 minutes. Drain well.
4. In a large bowl add the vegetables and the tofu with ginger marinade and gently toss to cover the veggies with the marinade.
5. Scoop some of the ginger tofu and veggies into the center of each parchment paper and drizzle with ghee.
6. Fold the parchment paper over the filling to enclose it. Then seal the edges of the paper by making small crimping folds along the edges of the parchment paper. Ensure that it is sealed completely so steam does not escape while the food cooks. (Never open the parchment packet to check on the food). Place the parcels onto a lightly oiled baking sheet and bake until parcels puff up ~ 15 minutes.
7. Remove from baking sheet and transfer parcels onto individual plates. Serve immediately and allow parcels to be opened at the table. Garnish with fresh lemon or greens.