

Jerk Tofu & Roasted Plantain Bowls

Prep: 10 minutes • Cook: 35 minutes

Vibrant, Caribbean-inspired bowls with jerk-seasoned tofu, roasted plantains, a bright mango-cucumber salad, and a creamy parsley-tahini sauce — plant-based, protein-packed, and deeply flavorful.

Ingredients

- 1/4 cup Jamaican jerk seasoning (DIY or store-bought spice rub)
- 2 Tbsp olive oil
- 2 Tbsp tamari
- 1 Tbsp maple syrup
- 1 (14-16 oz) package super firm tofu
- 2 plantains (ripe (yellow with brown spots))
- 1/2 cup parsley (freshly chopped (or sub cilantro))
- 1/4 cup tahini
- 3 Tbsp lime juice (from ~2 limes)
- 2 Tbsp olive oil (optional, for extra creaminess/balance)
- 1/2-1 tsp tamari
- 1 tsp maple syrup
- 1/4-1/3 cup water (to blend)
- to serve Mango Cucumber Salad (or sub store-bought mango salsa)
- to serve avocado or guacamole (optional)

Instructions

1. Arrange two oven racks to fit two baking sheets. Preheat oven to 425°F (218°C) and line two standard baking sheets with parchment paper.
2. In a small bowl, whisk together the jerk seasoning, olive oil, tamari, and maple syrup to make the jerk sauce.
3. Tofu: Crumble the tofu into ~1/2-inch pieces onto one prepared baking sheet. Add about half of the jerk sauce and toss to evenly coat. Bake for 10 minutes while preparing the plantains.
4. Plantains: Trim and discard plantain ends. Make a shallow lengthwise cut through the peel (avoid piercing the flesh), remove peel, and slice on a diagonal into 1/4-inch slices. Place on the second baking sheet, add remaining jerk sauce, toss to coat, and spread out.
5. Remove tofu, toss, then return to oven. Add the plantains to the other rack and bake 16–20 minutes, tossing plantains halfway, until tofu is darkened and crispy and plantains are tender and caramelized.
6. Meanwhile, prepare the mango cucumber salad (or use store-bought mango salsa) and make the parsley tahini

sauce.

7. Parsley Tahini Sauce: In a blender, combine parsley, tahini, lime juice, olive oil (optional), tamari (start with lesser amount), maple syrup, and water. Blend until smooth. Adjust with more water to thin, more lime for brightness, tamari for saltiness, or maple for sweetness.

8. Serve: Divide tofu and plantains among bowls. Add mango cucumber salad and avocado or guacamole (optional). Drizzle with parsley tahini sauce and enjoy. Best fresh; store components separately in the refrigerator for 2–3 days.

Tags: Vegan, Caribbean Inspired, Gluten Free, Tofu, Plantain, Bowl Meal

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