

Sheet-Pan Tofu & Brussels Sprouts

Low-Sodium Hoisin–Goma Sauce

Serves: 2

FOR THE VEGETABLE TRAY

- 450 g Brussels sprouts, trimmed and halved
- 1½ T / 20 g extra-virgin olive oil
- ½ tsp / 3 g kosher salt (or salt + MSG blend)
- Black pepper, to taste

Vegetable alternatives (use one)

350–400 g broccoli (florets and sliced stems)

350 g kabocha, peeled and cut into 2–3 cm chunks



FOR THE TOFU TRAY

- 1 丁 (≈ 400 g) extra-firm tofu
- 1 T / 14 g extra-virgin olive oil
- 1 tsp / 3 g cornstarch
- Black pepper, to taste
- 30 g raw cashews or raw walnuts, roughly chopped (optional)

FOR THE HOISIN–GOMA SAUCE

- 1½ T / 25 g hoisin sauce
- 1½ T / 25 g ぬりごま (sesame paste)
- 1 small clove / 3 g garlic, grated
- 1½–2 T / 22–30 ml water
- 1 tsp rice vinegar or apple cider vinegar
- ½ tsp maple syrup or honey (optional)
- Pinch chili flakes or shichimi (optional)

INSTRUCTIONS

1. Preheat oven to **230°C**.
2. Lightly **oil** or line two Japanese oven trays.

Vegetable tray

3. Toss **Brussels sprouts** (or broccoli or kabocha) with **olive oil**, **salt**, and **black pepper**.
4. Spread in a single layer, cut-side down where possible.
5. Place vegetable tray in oven and **roast 15 minutes until browning begins**.

Tofu tray

6. While vegetables roast, pat tofu very dry and slice 8–10 mm thick.
7. Toss **tofu** gently with **olive oil**, **cornstarch**, and **black pepper**.
8. Arrange tofu in a single layer on second tray and scatter nuts over if using.

Roast

9. After vegetables have roasted 15 minutes, add **tofu** tray to the oven.
10. **Roast both trays 15–18 minutes**, flipping tofu once, until tofu is lightly golden and vegetables are tender with charred edges.

Sauce

11. **Whisk all sauce ingredients** until smooth and pourable, adjusting with **water** $\frac{1}{2}$ T at a time.

Finish & Serve

12. Drizzle half the **sauce** over hot tofu.
13. Toss **vegetables** lightly with remaining **sauce** or serve alongside.
14. Optional finish: a few drops of toasted **sesame oil** over tofu only.

Notes

- Hoisin is reduced by 50% to control sodium; flavor rebuilt with sesame, acid, and browning.
- Broccoli cooks faster (check at 12–14 minutes total).
- Kabocha cooks slower (allow 20–25 minutes total).
- Raw nuts toast naturally during roasting; no pre-toasting needed.

Nutrition (per serving, approx., with nuts)

Kcal: ~500 | Protein: ~30 g | Fat: ~32 g | Sat. Fat: ~4 g | Carbs: ~30 g | Sugars: ~8 g | Fiber: ~9 g | Sodium: ~620–650 mg | Omega-3: ~0.4 g