

Healthy Wagyu and Tofu Casserole



475 kcal
(per serving)



40 min



Lean Wagyu round is paired with tofu in this healthy casserole. Nutritious peanuts add a pleasing crunch.

Makes 2 servings

Wagyu bottom round (sliced)	150 g
Firm tofu	200 g
Grated parmesan cheese	50 g
Peanuts	15 g
Cherry tomatoes	5 (75 g)
Parsley	
Yellow pepper	1/4 (40 g)
Shichimi togarashi (or chili powder)	

Seasonings

Miso	1 and 1/2 tablespoons
Mirin	1 tablespoon
Mayonnaise	1/2 teaspoon
Milk	1 tablespoon
Soy sauce	1/2 teaspoon

Stock

Water	100 ml
Bouillon granules	2 g
Salt	Pinch
Vegetable oil	1/2 teaspoon

1. Wrap the tofu in a paper towel and set aside to remove excess water.
2. Cut tofu into thin slices about 3 or 4 cm square. Wrap each piece of tofu in thin slices of Wagyu round.
3. Line the bottom of an ovenproof dish with the beef-wrapped tofu. Mix together the seasonings and pour over the beef-wrapped tofu. Sprinkle grated cheese, and minced peanuts over the top. Bake in a 230°C oven for about 12 minutes. Remove dish from oven and scatter minced parsley over top.
4. Deseed the yellow pepper and chop into 2 cm pieces. Bring the stock ingredients (water, bouillon granules, salt) to a boil in a pot. Add the yellow pepper and cherry tomatoes and simmer in the stock over medium heat for 1 or 2 minutes. Leave to cool and garnish the edges of the dish. Season with shichimi togarashi if desired.