

TONZU

PLANT-BASED WHOLEFOODS

Tempeh Kebabs

Serves 3 people

Fresh vegetables combined with TONZU Tempeh on a kebab skewer and dipped in a delicious sauce - a great way to enjoy your evening meal or introduce a new taste to your summer BBQ!



Difficulty Level: Easy

Prep Time: 20 minutes

Cook Time: 20 minutes

Total Time: 40 minutes

INGREDIENTS

- 250g TONZU Tempeh
- 1 courgette, sliced thickly
- 1 capsicum, cut into chunks
- 1 red onion, cut into chunks
- 9 white mushrooms, halved

HOW TO MAKE

1. Slice the Tempeh into square cubes.
2. Pan fry in olive oil until firm and sealed on the outside.
3. Push the cooked Tempeh onto a skewer alternating with vegetables.
4. Drizzle with olive oil and cook on the BBQ or under the grill.

OPTIONAL

Add some pineapple pieces for a tropical twist.

Splash on some tamari while cooking for some extra depth of flavour.

HOW TO SERVE

Add a couple of kebabs to a bed of rice, sprinkle with some tamari or sriracha sauce, add a fresh green salad and buttery corn on the cob