

TONZU

PLANT-BASED WHOLEFOODS

Tofu Kebabs

Serves 3 people

Always a winner at a BBQ! A kebab threaded with TONZU Tofu and your favourite vegetables. Experiment with marinade and dipping sauces, an ideal low-fat meal for the health conscious!

Difficulty Level: Easy

Prep Time: 20 minutes

Cook Time: 20 minutes

Total Time: 40 minutes



INGREDIENTS

- 300g TONZU Organic Tofu
- 1 large courgette, cut into 1cm slices
- 1 capsicum, cut roughly into 2cm pieces
- 8 cherry tomatoes
- Pineapple pieces (optional)
- 3 wooden or metal skewers

HOW TO MAKE

1. Cut TONZU Tofu into 2cm square cubes. Pan fry in olive oil until firm and sealed on the outside.
2. Cut veggies into bite-sized pieces.
3. If using wooden skewers soak them in water before using to prevent them from burning.
4. Thread tofu cubes and veggies onto skewers and cook either in the oven or on the BBQ until the vegetables are done, turning often.

HOW TO SERVE

Serve with a fresh salad or on a bed of rice with a drizzle of tamari or your favourite sauce - deliciously simple!