TEMPEH KEBABS

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

INGREDIENTS

- 250g **TONZU TEMPEH**
- 1 Courgette, sliced thickly
- 1 Capsicum, cut into chunks
- 1 Red Onion, cut into chunks
- 9 White Mushrooms, halved
- Olive oil for frying

METHOD

1. Cut the **TONZU 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.

TO SERVE

Simply eat as it is or add to your favourite dish as a great source of protein!

SERVES	PREP	COOK	TOTAL TIME
3	20 MINS	20 MINS	40 MINS

HANDY TIP

Soak your skewers in water for a while before starting this recipe. This will ensure they don't burn.