TOFU KEBABS

Always a winner at a BBQ – a kebab threaded with **TONZU ORIGINAL** *or* **FIRM TOFU** and your favourite vegetables. Experiment with marinade and dipping sauces, an ideal low-fat meal for the health conscious!

INGREDIENTS

- 300g **TOFU**
- 1 large Courgette, cut into 1cm slices
- 1 Capsicum, cut roughly into 2cm pieces
- 1 Red Onion, cut into eights
- Pineapple pieces (optional)
- 3 wooden or metal skewers

METHOD

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

TO SERVE

Serve with a fresh salad or on a bed of rice with a drizzle of tamari (or soy) or Satay or Teriyaki... or any sauce of your choosing. Deliciously simple!

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

TOFU TIP

You can use either **TONZU CLASSIC** *or* **FIRM TOFU** for this recipe.

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