

Veggie Devilled Tofu Kebabs

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This simple veggie dish is perfect for BBQs - and it has bags and bags of flavour. The tofu soaks up all the marinade, giving these kebabs plenty of flavour.

Ingredients:

8 button onions, peeled, cooked for 5 minutes in boiling water until tender
8 small new potatoes, cooked for 5-7 minutes in boiling water until tender
1 courgette
1 red pepper
300g smoked tofu
2 tbsp. tomato puree and soy sauce
1 tbsp. sunflower oil, runny honey and wholegrain mustard

Directions:

1. Cube the tofu. Chop the courgette into chunks. Slice the pepper in half, remove the seeds and pith and dice the flesh.
2. Pat the potatoes and onions dry. Combine tomato puree, soy sauce, oil, honey and mustard into a bowl and season well. Stir to combine, then add the tofu and stir to coat. Leave to marinade for 10 minutes.
3. Thread tofu, onions, potatoes, courgette and red pepper onto soaked wooden skewers. Brush with the rest of the marinade. Grill over a high heat for 10 minutes, turning frequently, brushing with the rest of the marinade frequently.

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