



Tofu Kebabs

SERVES 4

INGREDIENTS

- 8 skewers
- 4 x 150g firm tofu, cut into cubes (females)
- 4 x 250g firm tofu, cut into cubes (males)
- 1 large green pepper, seeded and cut into cubes
- 2 small zucchini, sliced
- 4 patty pan squash (button squash), halved
- 100g button mushrooms, halved
- 2 tablespoons tamari or soy sauce
- 2 tablespoons sesame oil
- 2 teaspoons grated ginger
- 1 clove garlic, crushed
- 1 small chilli, chopped finely

METHOD

1. Thread the tofu and vegetables alternatively onto the skewers. Lay kebabs in a large baking dish in a single layer.
2. Combine the remaining ingredients in a small bowl to make a paste. Pour over the kebabs and set aside for 30 minutes to allow flavours to develop.
3. Cook kebabs on a hot barbecue or grill plate basting as they cook for 10-15 minutes until tofu is browned.

Serving suggestion: Serve with a side salad.

