Dinner

Garlicky Sesame Grilled Tofu Kebabs

Cubes of extra-firm tofu and chopped oyster mushrooms soak in a garlicky sesame marinade, then grill with capsicum, zucchini and red onion until golden and lightly charred.



Vegan | Dairy free | Nut free

80 min	311	7.2 g	5.3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 500 g extra-firm tofu, pressed and cubed
- [ ] 200 g oyster mushrooms, chopped
- [ ] 1 red capsicum, cut into chunks
- [ ] 1 large zucchini, sliced
- [ ] 1 red onion, chopped
- [ ] Wooden skewers (soaked in water for 30 mins)
- [ ] Marinade
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp reduced salt tamari
- [ ] 1 clove garlic, minced
- [ ] 1 tbsp toasted sesame seeds
- [ ] Cracked black pepper to taste

Method

- [ ] 1 Soak the wooden skewers in water for 30 minutes.
- [ ] 2 Whisk the olive oil, reduced salt tamari, minced garlic, toasted sesame seeds and cracked black pepper in a bowl to make the marinade.
- [ ] 3 Toss the cubed extra-firm tofu and chopped oyster mushrooms in the marinade and leave to sit for at least 30 minutes.
- [ ] 4 Thread the marinated tofu, oyster mushrooms, red capsicum chunks, zucchini slices and chopped red onion onto the soaked wooden skewers.
- [ ] 5 Preheat a BBQ or grill pan to medium-high.
- [ ] 6 Grill the skewers for 3-4 minutes per side, until the tofu is golden and the vegetables are lightly charred.

Nutrition Facts

Per serving

Calories	311
Total fat	20.5 g
Saturated fat	2.9 g
Sodium	344 mg
Total carbs	7.2 g
Fiber	8.7 g
Total sugars	5.3 g
Protein	20.1 g

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