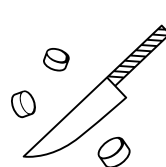


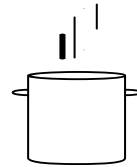


Tofu & Vegetable Skewers with a Date Syrup Glaze

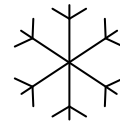
Tofu & Vegetable Skewers with a Date Syrup Glaze – totally #vegan and #glutenfree! These perfect plant-based kebabs can be prepared and assembled ahead to unleash more flavour.



1 hr 30



15



4



Ingredients

120ml water
55g Date Syrup
3 tbs Soy sauce
2 tbs BBQ sauce
1 tbs Olive oil
1 tbs garlic powder
1 tbs sriracha
1 tsp black pepper
425g firm tofu or extra firm tofu
1 pepper
1 onion
1 courgette

Directions

1. Soak wooden skewers for 30 mins in a shallow dish filled with water to prevent burning.
2. Drain tofu and slice into 9-12 cubes and set aside
3. To make the glaze combine the water, Date syrup, Soy sauce, BBQ sauce, Olive oil, Garlic powder, Sriracha, and pepper then stir.
4. Place tofu in the marinade and refrigerate for at least 1 hour.
5. Remove tofu from marinade. Heat remaining marinade over a low heat and cook for about 10 minutes, until it reduces and thickens.
6. Whilst your marinade is cooking, cut up your veg.
7. Assemble skewers, alternating between tofu and veggies and further glaze with your marinade.
8. Heat a pan or grill and cook each skewer for 3-4 minutes per side.
9. Delicious served with a fresh salad and flatbread.