

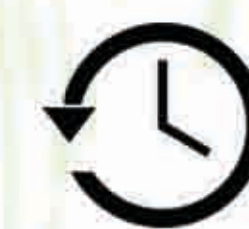
Tofu Kebab



Contain : 

Spiciness :  MILD

Serves : 



Prep Time : 10mins Cooking Time : 20mins

Ingredients :

- 8 shallots onions
- 8 small new potato
- 2 tbsps tomato purée
- 2 tbsps Seafood Stock
- 1 tbsp sunflower oil
- 1 tbsp clear honey
- 1 tbsp wholegrain mustard
- 300gram firm smoked tofu, cubed
- 1 courgette, peeled and sliced
- 1 red pepper, deseeded and diced

Instructions :

1. Put the shallots or button onions in a bowl, cover with boiling water and set aside for 5 mins. Cook the potatoes in a pan of boiling water for 7 mins until tender. Drain and pat dry. Put tomato purée, seafood stock, oil, honey, mustard and seasoning in a bowl, then mix well. Toss the tofu in the marinade. Set aside for at least 10 mins.

2. Heat the grill. Drain and peel shallots or onions, then cook in boiling water for 3 mins. Drain well. Thread the tofu, shallots, potatoes, courgette and pepper on to 8 x 20cm skewers. Grill for 10mins, turning frequently and brushing with remaining marinade before serving.



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