

Baked Tofu Kebabs with Satay Sauce

Serves 2 - makes 4 large kebabs

About 8 cherry tomatoes

About 8 small mushrooms

1 courgette, sliced

1 pack firm tofu - about 400g

Kebab skewers - if using wooden ones,
soak in water for 30 min before using

2 garlic cloves, crushed

1 level tsp grated root ginger

1 tbsp soy sauce

2 tbsp lime juice

1 tbsp vegetable oil

2 tbsp peanut butter - crunchy or smooth



Drain the tofu. If it is a bit soft, firm it up by placing it in a colander, putting a plate on top and weighing it down with two heavy cans - leave it for 15 minutes.

Combine the garlic, ginger, soy sauce, lime juice and oil in a large shallow bowl and gently stir in the vegetables and tofu. Cover and leave for an hour to marinate.

Preheat the oven to 200C/Gas 6.

Remove the tofu from the marinade and place it on the tray in a single layer.

Bake for around 20 minutes until the chunks are browned at the edges.

Then thread the tofu and vegetables on to the skewers. Reserve the marinade.

To make the sauce

Place the peanut butter in a small saucepan with the remaining marinade and add enough water to make a runny consistency. Heat gently and stir until it's smooth. Taste and, if necessary, add a little soy sauce.

Cook the kebabs under a moderately hot grill or on a barbecue, turning half way through. Serve with the warm sauce over a bed of rice or with flat bread and a crisp salad.

If there's a peanut allergy, make a spicy tomato sauce instead.

TIPS

Vary this by using different vegetables - chunks of pepper or sliced corn on the cob work well.

Use the baked tofu in other dishes like stir fry or Thai curry.