

SATAY TOFU SKEWERS

with Peanut Dipping Sauce



Not only do these tofu satay skewers look great but they are simple to make and incredibly delicious! Packed with flavour, the marinade gives the tofu a tangy, sweet, and slightly spicy kick. Because this is a super versatile dish, it makes for a great starter, lunch, or dinner that is guaranteed to impress guests! They can be eaten on the skewers or, alternatively, served over white basmati rice with the peanut sauce drizzled on top.

Prep 15 min
Cook 25 min
Serves 3-4 people

INGREDIENTS

SKEWERS

- 400g Firm Plain Tofu
- 75ml Coconut Milk
- 2 Tbsp Tamari
- 1 Tbsp Sriracha
- 1 Tbsp Brown Rice Vinegar
- 1 tsp Thai Red Curry Powder
- ½ tsp Agave Syrup
- 4 Cloves Garlic - finely chopped
- 1 Tbsp Ginger Root - finely grated
- ½ Lime - juiced

GARNISHES

- Fresh Coriander Leaves - finely chopped
- Sesame Seeds
- Crushed Chillies

PEANUT DIPPING SAUCE

- 3 Tbsp Smooth Peanut Butter
- 150ml Coconut Milk
- 2 Tbsp Tamari
- 2 Tbsp Brown Rice Vinegar
- 1 Tbsp Curry Powder
- 2 tsp Sriracha
- 1 tsp Thai Red Curry Powder
- 1 tsp Agave Syrup
- 2 Cloves Garlic - finely chopped
- ½ tsp Crushed Chillies
- ½ Lime - juiced

METHOD

Mix all the ingredients apart from the tofu in a large bowl and stir. Pat the tofu dry with paper towel and then break into large bitesize chunks, and add to the mix. Leave this to marinade for a minimum of 30 minutes.

Preheat your oven to 180c. Skewer your tofu – if you are using wooden skewers make sure these have been soaked in water for at least 2 hours – and pop on a parchment lined baking tray. Bake in the oven for 25 minutes.

While the tofu is in the oven, start preparing your satay sauce. Combine all the ingredients in a sauce pan and cook over a medium-low heat for 5-7 minutes. The sauce will thicken as it is heated. If it is too thick, you can add a little more coconut milk until it is at the desired consistency.

Garnish your skewers with chopped coriander, sesame seeds, and crushed chillies. Serve with white basmati rice or eat them as is with the satay sauce drizzled over the skewers