



# Festive Tofu Skewers

## Ingredients

### SKEWERS

- 3 x 350g blocks firm tofu
- 2 x fresh pineapple OR 2 x tins pineapple rings
- 1 x large punnet fresh or frozen cherries **or**
- 1 x large tub of glacé cherries
- 2 x onions
- Fresh thyme
- 2 TBSP Garlic Powder
- 2 TBSP Onion Powder
- 1,5 TBSP Smoked Paprika
- 2 TBSP Corn Flour
- 2 TSP Salt
- 2 TBSP Oil
- 10 - 12 large bamboo skewers

### GLAZE

- 6 TBSP Treacle Sugar
- 3 TBSP Grainy Mustard
- 3 Cloves Garlic (finely minced)
- 4 TBSP Soy Sauce
- 4 - 6 Drops Liquid Smoke OR add 1 extra TBSP Paprika

## Prep Time

### TOTAL TIME: 1,5 HOURS

- Prep: 30 mins
- Tofu Cook: 20 Mins
- Skewers Cook: 40 Mins

## Directions

- Press tofu for at least 30 minutes.
- Peel and cube the pineapple and the onions. If using tinned pineapple, chop into large pieces.
- Cube the tofu and place in a large bowl.
- Mix the dry ingredients - sprinkle half the mixture over the tofu blocks.
- Jiggle the bowl around to spread the mix and turn the blocks. Add the remaining dry mix and jiggle again.
- In an oven set to 180 Celsius, preheat a lined baking tray with 2 TBSP oil of choice. When hot, add tofu & place in oven again
- Turn cubes every 10 mins.
- If the tofu releases too much water, drain intermittently.
- After +- 30 mins, remove from oven and drain off any excess moisture.
- Add all the ingredients onto the skewers, place thyme on the baking tray and lay skewers on top of the herbs.
- Mix the glaze ingredients together, it should be a thick treacly consistency.
- Drizzle half the glaze over the skewers, and then place them in the oven for +-20 mins.
- Turn the skewers, drizzle more glaze on and place back in for another 20 mins.
- Repeat this process until they are as sticky and gooey!
- Sprinkle with some fresh chopped thyme when serving.