



Marinated Tofu Skewers

🕒 30—45 Min ❤️ ❤️ ❤️

Preparation

- 1 Cut the tofu blocks into slices about 2 cm thick and place them between a few sheets of kitchen roll. To get the excess water out of the tofu, weigh it down with thick cookbooks for about 30-45 minutes.
- 2 In the meantime, you can cut the zucchini into wedges and peel and quarter the onion.
- 3 For the marinade, mix the ketchup, tomato paste, soy sauce, sugar, vinegar and oil with the spices.
- 4 Cut the tofu into equal cubes and dip them in half of the marinade. Now it's time to assemble the skewers, always alternate between tofu, onion and zucchini on the wooden skewers.
- 5 To save you the tedious turning of each individual skewer, simply clamp them in a pair of fish tongs. This allows you to turn and rotate all the skewers in one easy step.
- 6 Now just grill for a few minutes on both sides, brushing once in between with the remaining marinade.

Ingredients 6 Portions

🔹 = Kotányi Produkte

500 g	Tofu, very firm
1 pc.	Onion
2 pc.	Zucchini
1 tbsp.	Tomato paste
1 tbsp.	Ketchup
3 tbsp.	Apple cider vinegar
3 tbsp.	Oil
3 tsp.	Soy sauce
2 tbsp.	Cane sugar
1 tbsp.	🔹 Paprika, Smoked
1 tbsp.	🔹 Garlic Granules
1 tbsp.	🔹 Turmeric, Ground
1 tbsp.	🔹 Coriander, Ground
1 pinch	🔹 Sea Salt, Coarse
18 pc.	Wooden skewers

