

# Tofu Kebabs in a Tamarind & Chipotle Marinade

## Ingredients

**Marinade:** 2 cloves garlic  
handful mint leaves  
handful coriander (inc. root)  
4 tbsp soft brown sugar  
1 tsp peeled grated ginger  
2 dried chipotle chillies,  
soaked in hot water  
4 tbsp tamarind puree  
4 tbsp tamari  
2 tbsp extra virgin olive oil  
juice of 3 limes  
sea salt and pepper to taste

**Kebabs:** 450g firm tofu,  
cut into 12 cubes  
2 medium courgettes; 3  
peeled red onions & 1 large  
deseeded red pepper -all  
cut into wedges

## Method

Add the marinade ingredients to a food processor and whizz until smooth. Put the tofu and vegetables into a large dish and pour over the marinade. Leave for at least 2 hours in a cool place.

Thread the vegetable pieces and tofu onto skewers and brush with the leftover marinade. Gently grill or barbeque for 8 mins carefully turning them and grill for a further 8 mins. Serve with rice and a green salad. Any leftover marinade can be heated and poured over the kebabs and rice.

Serving Suggestions:  
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