



Vegan Tofu Satay

with sesame seeds, peanuts, coriander

Preparation Time: 30 minutes or under

This recipe will have you run to the kitchen to make your own batch. Flavoured with authentic TRS spices, the tofu can be marinated in advanced and cooked conveniently.



Vegetarian



Dairy Free



High Protein



Low Carbs



Vegan



Gluten Free

Ingredients



- 1 package (14 oz) extra firm tofu
- 1 tablespoon sesame oil

For marinade

- 2 tablespoon TRS coconut milk
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 1 teaspoon rice vinegar
- 1 teaspoon TRS chilli powder
- 1/2 teaspoon TRS turmeric powder
- 1/2 teaspoon TRS coriander powder
- 1/2 teaspoon TRS white pepper powder
- Salt to taste

To serve

- Peanut sauce
- Coriander leaves
- Sesame seeds
- Peanuts, crushed
- TRS Lime juice



Instructions

1



- Drain excess water from tofu by pressing it in between kitchen towel or tissue paper.
- Cut it into cubes or desired shape.

2



- Into a mixing bowl add all the ingredients for marinade and combine well.
- Toss in tofu pieces and stir gently so that each piece gets perfectly coated .
- Leave it to marinate for at least 30 minutes.

3



- Preheat oven to 400 F
- Arrange the tofu pieces on wooden skewers. (Make sure to soak the wooden skewers in water so they don't get burn in the oven).
- Place tofu pieces on a baking tray lined with parchment paper, drizzle some sesame oil over tofu skewers and bake for at least 15 minutes.

4



- Flip the skewers and bake again for another 12-15 minutes.
- Sprinkle some sesame seeds, coriander leaves, crushed peanuts and lime juice.
- Serve warm with peanut sauce.

Note: you may also add some veggies like bell peppers, tomato L, broccoli etc along with tofu.

To make it a proper meal serve tofu satay with jasmine rice.