



Product Spotlight: Pienapple

A pineapple is not an apple nor a pine. It's actually a berry! You can grow a pineapple by slicing off the top and planting it in soil, but it can take up to 2-3 years to mature.



2 Hawaiian Tofu Kebabs

A tropical ginger and pineapple sauce over tofu and vegetable kebabs, served over red rice.

 35 mins

 2 servings

 Plant-Based

30 July 2021

Speed it up!

If you don't want to make kebabs, pan fry the tofu and vegetables, then add the marinade ingredients to the pan with 1/2 cup water to make a sauce. Serve over rice.

Per serve: **PROTEIN** 33g **TOTAL FAT** 23g **CARBOHYDRATES** 105g

FROM YOUR BOX

TINNED PINEAPPLE	225g
GARLIC	1 clove
GINGER	1/2 piece *
TOFU	1 packet (400g)
RED RICE	150g
RED ONION	1/2 *
GREEN CAPSICUM	1/2 *
ORIENTAL SLAW	1 bag (250g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, white wine vinegar, maple syrup, soy sauce (or tamari), skewers

KEY UTENSILS

large frypan or grillpan, 2 saucepans

NOTES

If you are using wooden skewers, be sure to soak them in water before using to prevent burning.



1. MARINATE TOFU

Drain the liquid from the tinned pineapple into a large bowl, set pineapple pieces aside. Crush garlic clove and grate ginger to yield 1/2 tsp. Add to bowl with **1/2 tbsp vinegar, 1/2 tbsp oil, 1 tbsp maple syrup and 1 tbsp soy sauce**. Whisk together. Cube tofu and add to marinade. (see notes)



2. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes or until tender. Drain and rinse.



3. PREPARE KEBABS

Cut red onion and capsicum into even-sized square pieces. Thread onto **skewers** with marinated tofu (reserve marinade) and pineapple.



4. COOK KEBABS

Heat a grill pan/frypan over medium-high heat with **oil**. Add kebabs and cook for 4–5 minutes, turning, until vegetables are tender.



5. MAKE SAUCE

Add reserved marinade to a saucepan and bring to the boil. Reduce heat to a simmer. Pour in **3 tbsp water, 1 tsp soy sauce and 1 tsp maple syrup** and whisk together. Simmer to thicken.



6. FINISH AND PLATE

Divide rice, kebabs and oriental slaw over plates. Serve with sauce.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

