



BBQ SKEWERS

Aim: Adding plenty of veg and protein to your next barbecue

Ingredients

- 100g Mushrooms
- 225g Smoked Tofu
- 1 Red Onion
- ½ Courgette
- 2 Tbsp Harissa Paste
- 2 Tbsp Tomato Paste
- 1 Tsp Smoked Paprika
- 1 Tbsp Olive Oil
- Salt & Pepper

Directions

READY IN: 30 // SERVINGS: 6

1. Dice the tofu (or chicken). Quarter the mushrooms. Cut onion into even pieces. Cut courgette into quarters.
2. Place vegetables and tofu onto skewers in preferred order.
3. In a small bowl mix the oil, harissa paste, tomato paste and spices.
4. Use a brush to coat skewers evenly with marinade.
5. Either cook on a BBQ or use the grill function of your oven and cook for 10-15 minutes until vegetables have softened. Enjoy with some piri piri mayonnaise or sauce of choice.

Variations to consider: Swap the tofu for some chicken or lamb and switch up the veggies however you like



CALORIES
112

CARBOHYDRATE
6

PROTEIN
8

FAT
6

Nutrition values for one serving are based on average nutritional values of ingredients, and using homemade stock. Actual values will vary.