



GRILLED TOFU SHAWARMA BOWLS

These Shawarma inspired tofu skewers are marinated in blend of flavorful Middle Eastern spices and grilled until charred and crispy. Served over rice with warm pita, fresh veggies and a quick tahini yogurt sauce. [by Wandering Chickpea]

 1 hour and 20 minutes

 1 hour and 35 minutes

 4 portions

INGREDIENTS

- 14 oz block extra firm tofu, drained
- 1/4 cup olive oil
- 1 large garlic clove, minced
- 1 tsp honey or maple syrup
- 1 tsp ground coriander
- 1 tsp smoked paprika
- 1 tsp cumin
- 1/2 tsp cardamom
- 1/2 tsp turmeric
- 3/4 tsp salt
- 3 Cups Basmati Rice

COOKING METHOD

- 1° Press the tofu for at least 30 minutes to remove excess moisture.
- 2° In a bowl, whisk together olive oil, lemon juice, garlic, maple syrup, spices and salt. Cut the tofu into large cubes and place in a shallow container. Pour over the marinade and make sure all the cubes are evenly coated. Marinate in the refrigerator for at least 1 hour, up to overnight.
- 3° Preheat the grill to medium high heat and soak a few wooden skewers in water (if using).
- 4° Thread the cubes of tofu onto the skewers. Place directly on the grill or ideally a grill basket/tray, just in case the pieces fall off while turning. Cook for 5-7 minutes on each side, until lightly charred and crispy.
- 5° Serve fresh off the grill with tahini yogurt sauce, warm pita and a tomato cucumber salad if desired.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (205 g)	% DRI
ENERGY	182 kcal	373 kcal	19 %
FAT	9 g	18 g	28 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	12 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	226 mg	464 mg	19 %
CARBOHYDRATE	20 g	40 g	13 %
SUGARS	1 g	3 g	—
FIBER	1 g	2 g	6 %
PROTEIN	7 g	13 g	—