

# Satay Tofu Skewers

CAL: 388    PROTEIN: 19    CARBS: 33    FIBRE: 10    FAT: 20



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**SERVES:**  
2



**TIME:**  
30 minutes



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## INSTRUCTIONS

Start by preheating the grill to 190°C/375°F/Gas Mark 5.

Place the tofu and vegetables onto skewers in alternating order and season with salt & pepper. Grill for about 15 minutes, rotating the skewers every 5 minutes. When they begin to have charred lines and the vegetables have softened, they should be ready.

Meanwhile, make the satay dipping sauce by combining all ingredients in a small bowl. If it's too thick, add a dash of water. Transfer to a pan and heat on low heat for 5 minutes.

Place skewers on a serving plate and drizzle with satay sauce.

## INGREDIENTS

225g tofu, cubed  
200g red bell pepper, chopped  
200g green bell pepper, chopped  
200g yellow bell pepper, chopped  
½ courgette, chopped  
1 red onion, chopped  
For the sauce:  
½ lime, juiced  
1 tsp honey  
1 tbsp soy sauce (or tamari if gluten-free)  
3 tbsp peanut butter  
165ml coconut milk

## MACROS

Calories: 388  
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