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Marinated Tofu and Vegetable Skewers with a Vegan Herb Aioli

Preparation time: 30 min

Cooking time: 10 min

Total time: 40 min

Difficulty: easy

Portions: 5 People

For the skewers

10 skewers (wooden or metal)

200 g smoked tofu

200 g plain tempeh

2 pc onions, cut into chunks

0.5 pc zucchini, sliced

1 pc bell pepper, cut into chunks

20 pc cherry tomatoes

10 pc mushrooms

For the vegetable marinade

100 ml olive oil

0.5 pc lemon, juice

2 pc cloves of garlic, finely chopped

1 ts date syrup

1 tb oregano, finely chopped

1 tb thyme, finely chopped

1 tb rosemary, finely chopped

0.25 ts cumin, ground

0.25 ts chili powder

For the tofu and tempeh marinade

50 ml soy sauce

120 ml barbecue sauce

50 ml apple cider vinegar

2 tb cane sugar

1 tb sesame oil

1 tb sunflower oil

1 pc clove of garlic, finely chopped

0.5 ts smoked paprika

For the vegan herb aioli

100 ml soy drink

0.5 pc lemon, juice

2 pc cloves of garlic, finely chopped

100 ml rapeseed oil

50 ml olive oil

Some salt

0.33 Bunch(es) parsley, finely chopped

0.33 Bunch(es) chives, finely chopped

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1. Chop the smoked tofu and tempeh into bite-sized pieces, and place in a bowl.

2. Mix together the ingredients for the marinade, and pour into the bowl. Stir well, and leave to steep.

3. Place the veg in a bowl as well, mix with the vegetable marinade, and leave to marinate.

4. In the meantime, prepare the herb aioli. Mix all the ingredients together, stir in the herbs, and chill until it’s time to serve.

5. Now place pieces of veg, tofu and tempeh on the skewers, alternating as you go.

6. Cook in a griddle pan or on the grill from all sides until the vegetables are cooked.