

Tofu Kebabs with a Mustard Mayonnaise Dressing

Serves 4

250g plain tofu, drained and pressed to remove excess water

150ml mayonnaise

1tbsp Dijon mustard

1tbsp medium curry paste

1 clove garlic, crushed

2.5cm piece fresh root ginger, peeled and grated

salt and freshly ground black pepper

16 cherry tomatoes

8 shallots, halved

16 button mushrooms

vegetable oil for brushing kebabs

8 skewers

1tbsp smooth mango chutney

Serve with: 225g basmati rice, cooked

- 1.** Cut the tofu into bite sized cubes and place in a shallow dish.
- 2.** Mix the mayonnaise with the mustard, curry paste, garlic and ginger and season with salt and pepper. Pour over the tofu and stir gently to coat. Cover and leave to marinate for 30 minutes.
- 3.** Thread the tofu onto the skewers, alternating with vegetables. Put the remaining marinade to one side.
- 4.** Preheat the grill. (These are also great on a barbecue!)
- 5.** Brush the kebabs with a little vegetable oil, grill until cooked and the marinade starts to bubble and turn golden brown.
- 6.** Whilst grilling, place the left-over marinade in a small sauce pan with the smooth mango chutney and heat gently.
- 7.** Serve the kebabs on a bed of rice and drizzle with the warm marinade.



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