



## Vegetable and Tofu Kebabs

with Romesco Sauce



30-40min



2 Portions

Romesco sauce originated in Catalonia, Spain and was traditionally served with fish. However, we think it's just as delicious served with these tofu and vegetable kebabs. Be sure to char the tofu and vegetables well as it adds a lovely smokiness that compliments the romesco sauce so well.

## What we send

- hazelnuts <sup>15</sup>
- garlic
- rocket leaves
- hard tofu <sup>6</sup>
- button mushrooms
- roasted capsicum
- panko breadcrumbs <sup>1</sup>
- tomato
- lemon
- red onion
- zucchini

## What you'll require

- extra virgin olive oil
- Australian honey
- salt and pepper
- sugar
- white wine vinegar <sup>17</sup>

## Utensils

- chargrill or frypan
  - grater
  - paper towel
  - small frypan
  - stick blender/food processor/mortar and pestle
  - wooden skewers
- Our veggies come straight from the farm, so please wash them before cooking.

## Cooking tip

If you don't have skewers, just char the tofu and vegetables in the pan.

## Allergens

Gluten (1), Soy (6), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

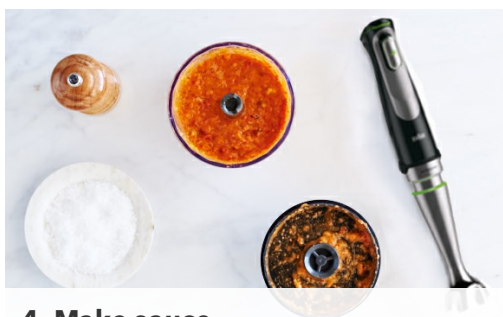
## Nutrition per serving

Energy 600.0kcal, Fat 36.1g, Proteins 28.3g, Carbs 31.6g



### 1. Prepare veggies

Preheat oven to 200C. Place 8 bamboo skewers (see cooking tip) in a shallow dish and cover completely with cold water. Soak for 15 mins. Meanwhile, drain the **tofu** and pat dry with paper towel. Cut into 2cm cubes. Trim **zucchini** and cut each one into 6 chunks. Trim and wipe the **mushrooms**. Cut the **onion** into 8 wedges. Place everything in a shallow bowl.



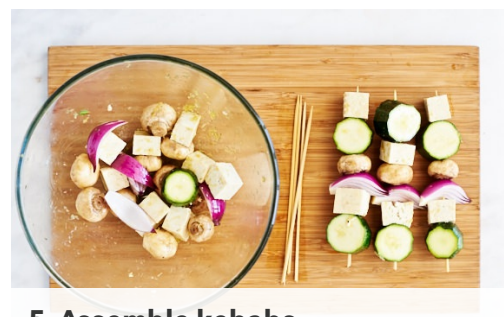
### 4. Make sauce

Heat 2 tbs **oil** in a small frypan over low heat. Cook the **garlic** for 3 mins or until soft. Add the **tomato** and cook for 5 mins. Transfer the mixture to a blender and add the **hazelnuts, capsicum** and **soaked breadcrumbs**. Season with **sea salt and pepper** and a pinch of **sugar**. Blend until smooth.



### 2. Make marinade

Zest and juice half the **lemon** over a small bowl. Stir in 1 tbs **oil**, 1 tsp **honey** and some **sea salt and pepper**. Drizzle over the kebab ingredients and toss to coat. Juice the remaining lemon half and set aside for step 6.



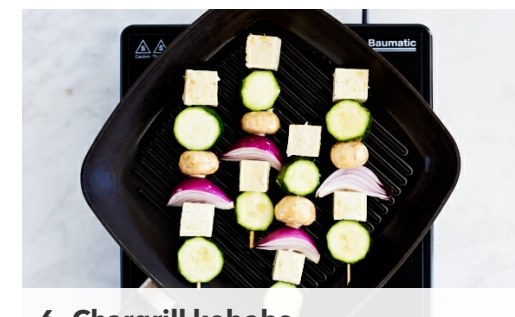
### 5. Assemble kebabs

Dry the **bamboo skewers** (see cooking tip) and thread alternatively with the marinated **tofu** and **vegetables**. Reserve any remaining marinade.



### 3. Prepare sauce

Coarsely chop the **garlic** and the **tomato**. Soak the **panko breadcrumbs** in 3 tsp of **white wine vinegar**.



### 6. Chargrill kebabs

Toss the **rocket** with 2 tsp **oil** and 2 tsp **lemon juice** in a bowl. Heat a chargrill pan over medium-high heat. Cook the **kebabs** in 2 batches for 8-10 mins, turning and brushing with any remaining **marinade**, until charred but vegetables are still just crisp. Keep kebabs warm in oven while others are chargrilling. Serve with rocket and drizzle with **romesco sauce**.

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from imported  
ingredients**