Sweet & Smoky Tofu Bowl
RECIPE

Sweet & Smoky Tofu Bowl

TIME	20 minutes
INGREDIENTS	11 items
MAKES	16 servings

Sweet, sticky, smoky Tofu salad, with a combination of fermented vegetables, cumin roasted sweet potatoes and crunchy broccoli.

INGREDIENTS

- 1 tbsp. Olive Oil, plus extra for frying
- 2 medium Sweet Potatoes, cut into ½ cm rounds
- 1 tbsp. MasterFoods™ Professional Ground Cumin
- 1 tsp. MasterFoods™ Professional Ground Paprika
- 1 bunch Broccolini, ends trimmed
- 350 g Firm Tofu
- 1 tbsp. Sesame Seeds, lightly toasted
- 1 large Carrot, peeled and cut into matchsticks
- 2 small Red Chillies, thinly sliced
- 6 tbsp. MasterFoods™ Professional Smokey Barbecue Sauce, plus extra for serving
- Fermented red cabbage, to serve

Cooking Instructions:

1. Preheat an oven to 180°C.
2. In a large mixing bowl, toss sweet potato rounds with olive oil, cumin, and paprika, then arrange on a baking sheet and roast off for 20 minutes, or until tender.
3. Meanwhile, blanch the trimmed broccolini.
4. Heat a frying pan on medium heat and add olive oil.
5. Cut the tofu into triangles and pan fry for a few minutes each side until evenly golden.
6. Add the smoky barbecue sauce for final minute to glaze, remove and set aside, and sprinkle with sesame seeds.
7. Plate up the tofu with sweet potatoes, broccolini, carrot and a sprinkle of red chilli slices.
8. Serve with extra smoky barbecue sauce and fermented red cabbage.

Tips:

1. This dish can be served with steamed brown rice and chargrilled capsicum.

2. Replace the tofu with roasted portobello mushrooms for an alternative vegetable option.
3. For a higher protein option, replace tofu with chicken breast.

More Recipes Like This



Choc-Berry Bircher Muesli

Cooking time

10 min

Ingredients

11 items



Shredded Barbecue Chicken Pancakes

Cooking time

60 MINS

Ingredients

8 items

Gua Bao Buns

Cooking time

10 min

Ingredients

11 items

New York Inspired Tagliatelle Pasta

Cooking time

15 minutes

Ingredients

9 items

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