

# MasterFoods<sup>TM</sup>

## PROFESSIONAL

Sweet & Smoky Tofu Bowl  
RECIPE

### Sweet & Smoky Tofu Bowl



<?xml version="1.0"?>

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.

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## 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

PRODUCTS USED



MasterFoods Professional Gluten Free Smokey Barbecue Sauce 4.5kg

[SEE DETAILS](#)

## 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. 7

Plate up the tofu with sweet potatoes, broccolini, carrot and a sprinkle of red chilli slices.

8. 8

Serve with extra smoky barbecue sauce and fermented red cabbage.

## Tips:

1. 1

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

2. 2

Replace the tofu with roasted portobello mushrooms for an alternative vegetable option.

3. 3

For a higher protein option, replace tofu with chicken breast.

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### [Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



### [Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



### [Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



## [New York Inspired Tagliatelle Pasta](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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