

SUMMER VEG & TOFU SKEWERS WITH BLUEBERRY BBQ SAUCE

SERVES 4

PREP 20 MIN | COOK 25 MIN

Ingredients

BLUEBERRY BBQ SAUCE

- 1 cup blueberries
- 1 small onion, grated with a box grater
- 1 clove garlic, finely minced
- 2- inch piece of ginger, peeled and finely minced
- 2 tbsp pure maple syrup
- 1 tbsp tomato paste
- ½ tsp gluten-free tamari soy sauce
- ¼ cup balsamic vinegar
- sprinkle of chilli flakes (optional)
- sea salt and ground black pepper, to taste

GRILLED VEG & TOFU SKEWERS

- 1 block of extra firm tofu (350 g)
- 1 capsicum, cut into 1-inch pieces
- 1 medium zucchini, cut into 1-inch pieces
- 1 large peach, cut into 8 wedges
- 1 small red onion, cut into 1-inch pieces
- avocado or other high heat-tolerant oil spray
- sea salt and ground black pepper, to taste



Recipe Credit: [thefirstmess.com](https://www.thefirstmess.com)



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Method

1. Make the blueberry barbecue sauce: In a medium saucepan, combine the blueberries, grated onion, garlic, ginger, maple syrup, tomato paste, tamari, balsamic vinegar, chilli flakes, salt, and pepper. Set the pot over medium heat and stir. Bring the sauce to a boil and then simmer until blueberries are broken down and sauce is slightly thickened, about 10-12 minutes. Set aside.
2. Preheat your grill to high.
3. Drain the tofu and cut it into 1-inch cubes. Thread the tofu cubes, capsicum, zucchini, peach, and red onion onto your skewers. Don't overload the skewers! Spray or drizzle the veg and tofu with oil on all sides and season with salt and pepper.
4. Grill the skewers until light char marks appear on all sides. Then, brush the skewers with about half of the blueberry barbecue sauce. Grill the sauced skewers for another minute or so. Remove the skewers and serve them hot with extra blueberry barbecue sauce on the side.



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