

# SMOKY BBQ TOFU CROUTONS

## [VEGAN & GLUTEN FREE]

Serves: 6

Prep & Cooking Time: 65-300 mins\*

(\*Dependent upon how long you marinate your tofu!)

Tools: Chopping board(s), sharp knife, kitchen paper, mixing bowl, measuring jug, baking tray, parchment paper

Courtesy of: Eat2Health Blog



Here' a quick PDF version for our delicious and smoky BBQ flavoured tofu 'croutons'!

### Ingredients

800g Firm tofu (= 2\* Tetrapaks)  
4tbsp Soya sauce/low-salt (or Tamari as a GF option)  
2.5tbsp Maple syrup  
4.5tbsp Olive oil  
½ tsp Asafoetida  
2g Smoked paprika  
½-1tsp English mustard  
2-3g Garlic salt

### Directions

1. Drain and then press the tofu between two heavy or weighted plates or chopping boards for 30 mins to express any excess water. Drain. Pat it dry with kitchen towel. **Tip:** if preferred, line the bottom plate (or chopping board with some kitchen towel to help absorb the liquid).
2. Place the tofu onto a chopping board. Slice it into five slices (lengthways) and then make five more cuts with your knife (horizontally). Chop each section into halves (\*step 4) to get about 1cm cubes. Transfer the cubes of tofu into a large mixing bowl or casserole dish.
3. Prepare the marinade. Pour 4tbsp soya (or tamari) sauce, 2.5tbsp maple syrup and 4.5 tbsp oil into a large measuring jug. Add ½ tsp asafoetida, ½-1tsp English mustard and 2-3 g garlic salt. Whisk until thoroughly combined.
4. Pour the marinade over the tofu. Gently toss (using your hands) or a silicone spatula to thoroughly coat. Cover the bowl (or casserole dish) with some kitchen film. Place it into the fridge for up until 4-6 hrs (if possible) tossing once. **Tip:** The longer you allow it to marinate, the better it will taste!

5. Once the tofu has finished marinating, preheat the oven to 200°C/400°F. Line a baking tray with a silicone mat or parchment paper. Transfer the tofu over the tray in a single layer. Place the tray onto the middle oven shelf. Bake for 30-40 mins or until slightly crispy around the edges and lightly browned. Remove. Allow to cool slightly.

*Tip: Refrigerate and store any leftovers in an air-tight and resealable container; consume within 4-5 days.*

## Notes:

- These marinated 'croutons' are oh so tasty (and made with a labour of love)! Our end product tasted pretty similar to vegan sausages! Yummy! Unfortunately with (most) tofu, unless you buy pre-marinated brands, you will have to marinate it for a substantial amount of time (or fry it in a tonne of oil!) ...otherwise it won't necessarily develop a jaw-dropping flavour!
- If you are short on time, just put the tofu into the refrigerator overnight and cook it as or when it's needed!
- The quantity of our tofu marinade is enough to thoroughly flavour two blocks of tofu (so reduce the quantity and seasonings as appropriate)!