

Tofu Shallot Satay with Kale Crispy Seaweed

🕒 30 - 45 Mins



For the skewers: 1 block of firm tofu, I used Cauldron which I had frozen, defrosted, drained and pressed. I always keep some tofu in my freezer as it will keep forever in there, plus the texture is then more spongy. 2T tamari 1T toasted sesame oil 12 shallots, peeled 6 skewers, soaked in water for 30 minutes, this stops them from burning in the oven For the marinade: 1T tamari Juice of 1 lime 1 garlic clove, finely grated 1 red birdseye chilli, finely chopped 2T peanut butter, either chunky or smooth 1 spring onion, finely chopped For the crispy 'seaweed' 65g kale, stalk removed and shredded 1t tamari 1t date syrup 1t sesame seeds



Preparation

Serves 2.

Preheat your oven to 200c.

Cooking Instructions

- Cut the tofu into 12 cubes, put this into a tupaware box with 2T tamari and 1T sesame oil.
- Put the lid on and move the box around so that the tofu is covered.
- Set to one side whilst you peel the shallots and make the marinade.
- To make the marinade put the tamari, lime juice, garlic, chilli and peanut butter in a glass or cup and mix well. You might need to smush the pb with a fork, as it's a fat it can be resistant to mixing. But keep smushing and it will eventually concede and play nice.
- Add the shallots and marinade to the tofu and again put the lid on and move about until all of the tofu and shallots are covered in the sauce.
- Put 2 cubes of tofu and 2 shallots on each skewer, place on a baking tray, spoon any remaining sauce on and put them into the oven.
- To make the crispy 'seaweed' put the kale in a bowl, add the tamari and date syrup, massage the kale until it has softened and it is covered with the sauce.
- Put the kale on a baking tray, spreading it out so it is one layer only.
- Sprinkle this with the sesame seeds and put the tray into the oven.
- Bake the skewers for around 20 minutes, the edges of the tofu will brown and the skin of the shallots will blister.
- Bake the kale for just 5 minutes, until it crisps up but before it becomes burnt!!
- Serve with a scattering of spring onion on the skewers.