

# CHIMICHURRI GRILLED TOFU

Makes 4 servings

Per Serving – 250 calories, Protein: 15g, Carbs: 9g, Fat: 16g

## INGREDIENTS

- 2 blocks extra-firm tofu

### Tofu Marinade

- 1 tablespoon olive oil
- 2 tablespoons soy sauce
- 1 tablespoon maple syrup
- 1 tablespoon Worcestershire sauce
- Pepper
- 2 tablespoons chimichurri

### Chimichurri

- 1/2 cup olive oil
- 2-3 tablespoons red wine vinegar
- 1 cup finely chopped fresh parsley *flat-leaf*
- 1 tablespoon finely chopped fresh oregano *or sub 1 teaspoon dried*
- 4 cloves garlic *minced*
- 1 chilli *minced*
- 3/4 teaspoon kosher salt *more to taste*
- black pepper *to taste*

## DIRECTIONS

### Prep the Tofu

- Drain the blocks of tofu and cut them into roughly 1/2" steaks. (I usually cut each block of tofu into 4 slices, for 8 total.)
- **Recommended:** Lay the tofu steaks out in one layer on a kitchen towel. Top with another towel and gently weigh down with something flat, such as a chopping board. Press for about 10 minutes to remove excess moisture

### Make the Chimichurri

- Place all of the ingredients in a food processor or blender

- Taste for salt and set aside.

### **Marinate the Tofu**

- In a shallow and wide dish, whisk together olive oil, soy sauce, maple syrup, Worcestershire sauce, and black pepper.
- Add in 2 tablespoons of your chimichurri and mix to incorporate.
- Layer the tofu steaks in the marinade. Spoon some marinade over each piece of tofu to coat evenly. Cover and refrigerate for at least 2 hours, or overnight.

### **BBQ the Tofu (or Fry)**

- Arrange marinated tofu steaks on the BBQ. Grill for 5-6 minutes on the first side, or until the tofu has some nice blackened grill marks. Flip the tofu and baste with extra marinade. Grill until golden brown on the bottom, about another 4-5 minutes. Set aside.

Serve with Chimichurri sauce and some lemon wedges.

Goes well with BBQ veggies such as zucchini, capsicum and mushrooms, combine with some feta and quinoa

The marinade would work with seafood.