

Hawaiian BBQ Tofu Bowls

10 ingredients · 30 minutes · 4 servings



Directions

1. Combine the tofu and BBQ sauce. Let sit for 10 to 15 minutes while you move on to the next tasks.
2. Preheat oven to 375 degrees F and line a sheet pan with parchment paper. Toss the bell peppers and zucchini with half of the olive oil. Lay in a single layer on the baking sheet and sprinkle with salt and pepper. Roast in oven for 20 minutes.
3. Combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
4. While the veggies roast and quinoa cooks, heat remaining olive oil in a frying pan over medium heat. Add the tofu and BBQ sauce, cook for 5-10 minutes, turning often.
5. Divide quinoa into bowls and top with roasted veggies, pineapple, tofu and cilantro. Enjoy!

Notes

Make Ahead

Make our Cleaned Up BBQ Sauce in advance to save time.

Meat Lover

Use diced chicken or turkey breast instead of tofu.

Ingredients

- 450 grams** Tofu (cubed)
- 2 servings** Cleaned Up BBQ Sauce (see our recipe)
- 2** Red Bell Pepper (sliced)
- 2** Zucchini (sliced)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 cup** Quinoa (uncooked)
- 1 3/4 cups** Water
- 2 cups** Pineapple (sliced)
- 1/2 cup** Cilantro (finely chopped)