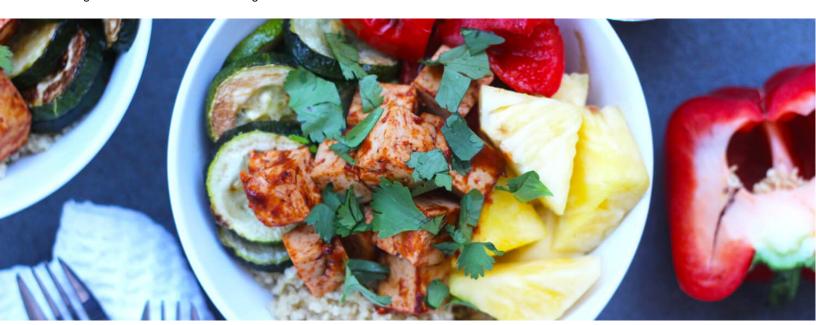
# Hawaiian BBQ Tofu Bowls

10 ingredients · 30 minutes · 4 servings



### **Directions**

- 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)

