

Shawarma-Style Tofu



This tofu recipe reminds me of my favourite Lebanese restaurant! Growing up, my family would go there regularly. Even today, when I step into the restaurant, the owner greets me and asks about my mother! This plant-based alternative to traditional gyros is sure to please the whole family.

Preparation 15 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 200

Fat 16

Carbohydrates 3

Fibre 1

Protein 12

Sodium 10

Ingredients

- 450 g (1 lb) extra-firm tofu, drained*
- 45 ml (3 tbsp) olive oil
- 15 ml (1 tbsp) vinegar (white wine, red wine, apple cider, etc.)

- 10 ml (2 tsp) ground coriander
- 5 ml (1 tsp) ground cinnamon
- 2 ml (½ tsp) ground cumin
- 1 ml (¼ tsp) allspice (or mild spice blend)
- Salt and pepper to taste

Preparation

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper or a non-stick mat.
2. Using a clean cloth, press the tofu to remove as much liquid as possible.
3. Slice the tofu into thin strips using a peeler or cheese slicer. You can also grate the tofu or crumble it with your hands for different textures.
4. In a large bowl, mix the olive oil, vinegar, and spices. Add the tofu pieces and toss to coat evenly.
5. Spread the tofu strips on the baking sheet in a single layer.
6. Bake for 15 minutes, then flip or stir the pieces, and continue baking for another 10 minutes, or until the tofu is golden brown.
7. Serve immediately in whole wheat pita bread with hummus and/or garlic sauce, fresh vegetables (lettuce, tomato, cucumber, bell peppers, etc.), and pickled onions.

Notes

Best served the same day. Keeps for 3 days in the refrigerator, but does not freeze well.

*For this recipe, it is recommended to use extra-firm tofu in vacuum-sealed packaging rather than water-packed tofu, as it tends to be firmer and easier to slice.



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