

Tofu Shawarma Bowl

Swick

Serves 4 to 6 | Active Time: 45 minutes | Total Time: 1 hour

- 1 pkg. extra firm tofu, sliced
- 1 tsp paprika
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp ground allspice
- 1/4 tsp garlic granules
- 1/4 tsp onion granules
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp turmeric powder
- 1/4 tsp sea salt, or to taste
- 1/4 tsp freshly ground black pepper
- 4 tbsp soy sauce or tamari
- 1 to 2 tbsp oil (such as avocado or grapeseed), omit for no-oil

To start, preheat the oven to 400°F (200°C).

To prepare the tofu, first, mix together all of the spices. Next, thinly slice the tofu (as per the pictures) and then sprinkle the spice mixture over the tofu and gently toss it to evenly coat the tofu with the spices. Next, add the soy sauce and toss again. Allow this to marinate in the refrigerator for at least a few hours, if possible.

In the meantime, go ahead and prepare all of your other components, like your sides and condiments.

To cook the tofu, place it onto a tray lined with aluminum foil. Lightly spray the pan with non-stick spray. Toss the tofu with a bit of oil (omit for oil-free or use a bit of stock) and place it flat onto the tray.

Cook the tofu for 5 minutes or so and then check it — if needed, flip the tofu and continue to cook for another few minutes, or until the edges start to brown a bit and the tofu has fully heated through.

Once done, remove and set aside.

- 1 recipe Bulgur Pilaf or Garlic-Fried Quinoa
- 1 recipe Greek potatoes
- 1 recipe Tzatziki
- 1 recipe Feta Cheese
- 1 recipe Hummus
- 1 to 2 cups sliced cucumber
- 1 to 2 cups sliced tomatoes
- 1 lemon, cut into wedges, for garnish
- 1/2 cup Kalamata olives, for garnish (optional)

For this bowl, how and what you serve and/or garnish it with is really up to you. Note that the more people we are serving, the more sides and condiments we tend to make. With that said, you can keep it a bit more simple by serving it with just some grains, the tofu, a good dollop of Tzatziki, a bit of Feta Cheese, and some sliced cucumbers and tomatoes and you will have one pretty fantastic meal.

A few of the other favorites that we like to serve with it is this Hummus, as well as these delicious Greek Potatoes. For the grain, we sometimes just keep it simple by cooking it with a bit of stock but this Bulgur Pilaf is amazing, as is this Garlic-Fried Quinoa.

As far as garnishes go or other side dishes, we often serve some sliced red onions and some sort of pickled vegetables (like pickled red cabbage, cauliflower, and/or carrots).

And lastly, note that all of these ingredients are amazing inside of a warm piece of pita bread.