

Low FODMAP Miso-Glazed Tofu Skewers with Chili

Transform firm tofu into irresistible umami-packed skewers with a savory miso-chili glaze. Perfect for grilling season or weeknight dinners that wow.

Prep: 30 min

Cook: 15 min

Total: 185 min

Servings: 4

Low FODMAP ✓

Ingredients

Press for 20-30 minutes to remove excess moisture 400g firm tofu, pressed and cut into 2.5cm cubes

Low FODMAP up to 2 tablespoons per serving according to Monash 2 tablespoons white miso paste

Ensure certified gluten-free if needed 2 tablespoons tamari or gluten-free soy sauce

Use oil only, no garlic pieces - FODMAPs do not transfer to oil 1 tablespoon garlic-infused oil

Adds brightness to the marinade 1 tablespoon rice vinegar

Low FODMAP up to 1 tablespoon per serving 2 teaspoons maple syrup

Adjust heat level to preference, ensure no garlic in commercial chili oil 1 teaspoon chili oil or 1/2 teaspoon red pepper flakes in neutral oil

Low FODMAP and aids digestion 1 teaspoon fresh ginger, finely grated

Low FODMAP up to 75g per serving 1 medium red bell pepper, cut into 2.5cm pieces
fodmapdiets.com/recipes/low-fodmap-miso-glazed-tofu-skewers-with-chili

Low FODMAP up to 65g per serving 1 medium zucchini, sliced into 1cm rounds

Low FODMAP, adds texture and nutty flavor 1 tablespoon sesame seeds, for garnish

Use green parts only - white parts are high FODMAP 2 tablespoons spring onion greens only, thinly sliced

Instructions

Step 1: Press and Prepare the Tofu

(30 min)

Drain the tofu and wrap it in a clean kitchen towel or paper towels. Place a heavy object like a cast-iron skillet on top and let it press for 20-30 minutes to remove excess moisture. Once pressed, cut the tofu into uniform 2.5cm (1-inch) cubes so they cook evenly. Pat the cubes dry with paper towels to ensure the marinade adheres properly.

Step 2: Make the Miso-Chili Marinade

(5 min)

In a medium bowl, whisk together the white miso paste, tamari, garlic-infused oil, rice vinegar, maple syrup, chili oil, and grated ginger until smooth and well combined. The mixture should be thick but pourable. Taste and adjust the heat level by adding more chili oil if desired.

Remember that the flavors will concentrate during cooking.

Step 3: Marinate the Tofu

(120 min)

Add the tofu cubes to the marinade and gently toss to coat each piece thoroughly. Cover the bowl with plastic wrap or transfer to an airtight container. Refrigerate for at least 2 hours, or ideally 4-6 hours for maximum flavor absorption. Gently stir the tofu once or twice during marinating to ensure even coating. The tofu will absorb the marinade and develop a deeper color.

Step 4: Prepare the Skewers

(15 min)

If using wooden skewers, soak them in water for 30 minutes to prevent burning. Thread the marinated tofu onto skewers, alternating with bell pepper pieces and zucchini rounds. Leave a small gap between pieces to allow heat circulation and even cooking. Reserve any remaining marinade for basting during cooking. You should have approximately 8 skewers.

Step 5: Grill or Broil the Skewers

(15 min)

Preheat your grill to medium-high heat or set your oven to broil with the rack positioned 6 inches from the heat source. Lightly oil the grill grates or line a baking sheet with parchment paper. Cook the skewers for 3-4 minutes per side, turning carefully to achieve even charring on all sides. The tofu should develop golden-brown caramelized edges and the vegetables should be tender with slight char marks. Baste with reserved marinade during the last minute of cooking for extra flavor and gloss.

Step 6: Garnish and Serve

(5 min)

Transfer the skewers to a serving platter and immediately sprinkle with sesame seeds and sliced spring onion greens while still hot. Serve over steamed jasmine rice, quinoa, or alongside a fresh salad. These skewers are best enjoyed warm, with any extra marinade served on the side as a dipping sauce. Store leftovers in an airtight container in the refrigerator for up to 3 days.