

Kebab



Just like a chip shop kebab the taste of this healthier version is to die for. Easy to make and cook you can pop it in the slow cooker and forget about it for 5 hours. Serve up with a salad pitta and chips and garlic mayo. Or a cheeky bit of chilli or avocado!

What you'll need:

Mixing bowl, slow cooker, measuring spoons, weighing scales, food processor, tin foil, tofu press or alternative.

Ingredients

- 250g jackfruit
- 250g tofu
- 1tsp black pepper
- 1tsp salt
- 1tsp oregano
- 1tsp paprika
- 1tsp chilli powder
- Egg replacement equivalent to 1 egg (we use vegan egg)

Method

1. Drain and press the tofu and jackfruit for at least half an hour
2. Prepare the egg replacement as instructed
3. In a bowl separate the jackfruit into small pieces and crumble the tofu
4. Add all of the ingredients into a food processor and blitz until most of it is smooth
5. Lay out a large piece of kitchen foil and spoon the mixture onto the foil. Make it into a thick sausage shape and wrap up securely in the foil
6. In the slow cooker add two balls of foil, this is for the kebab to sit on
7. Poke two small holes into the bottom of the foil holding the sausage then sit it onto the balls of foil
8. Cook on low for five hours
9. Remove from the slow cooker and open carefully, it will be hot
10. Slice into thin pieces and serve
11. Serve with a salad pitta and chips with your choice of sauce

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