

Caribbean Jerk Tofu with Pineapple Salsa

Enjoy a taste of the Caribbean with this flavorful jerk-spiced tofu served with a refreshing pineapple salsa. This dairy-free dish is a perfect balance of sweet and spicy flavors.



Main Dish

Caribbean

40 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- For the Jerk Tofu:
- 1/2 block of extra-firm tofu, pressed and cut into cubes
- 2 tbsp jerk seasoning
- 1 tbsp olive oil
- Salt and pepper to taste
- For the Pineapple Salsa:
- 1/2 cup diced fresh pineapple
- 1/4 cup diced red bell pepper
- 2 tbsp chopped fresh cilantro
- 1/2 small red onion, finely diced
- Juice of 1 lime
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 In a bowl, toss the tofu cubes with jerk seasoning, olive oil, salt, and pepper until well coated.
- 3 Place the tofu on a baking sheet and bake for 25-30 minutes, flipping halfway through, until crispy.
- 4 In another bowl, combine all the ingredients for the pineapple salsa and mix well.
- 5 Serve the jerk tofu hot with a generous spoonful of pineapple salsa on top.