

# TONZU

PLANT-BASED WHOLEFOODS

## Cubed Fried Tofu

Serves 2 people

One of the most simple ways to enjoy TONZU Tofu and one of our favourites! TONZU Tofu cubed and pan-fried, adding tamari and garlic gives a unique light flavour to this crispy dish. Great as a snack or part of a meal.

**Difficulty Level:** Easy

**Prep Time:** 20 minutes

**Cook Time:** 20 minutes

**Total Time:** 40 minutes



### INGREDIENTS

- 300g TONZU Organic Tofu, Original or Firm Style
- 100ml tamari
- 2 garlic cloves, crushed
- 25ml cider vinegar
- 100g gluten free flour
- 50g nutritional yeast (optional)

### HOW TO MAKE

1. Mix together the tamari, garlic and vinegar to create a marinade.
2. Cube the tofu and leave to marinate in the sauce for 15 minutes, turning every 3 or so minutes to coat each side.
3. Mix flour and yeast together (if using). Roll the tofu cubes in the flour until evenly coated and fry in hot oil turning every 2 minutes until crispy on all sides.

### HOW TO SERVE

Serve on a bed of rice with vegetables of your choice. Use any leftover marinade as a sauce or save for next time!