

TONZU

PLANT-BASED WHOLEFOODS

Soy & Sesame Firm-style Tofu

Serves 3 people

Try our Firm-Style TONZU Tofu with soy and sesame for your next family meal – a truly tasty alternative to your usual stir-fry dinner. Spice it up with some freshly sliced red chilli or make it zesty with some fresh lime and coriander - something a little different and truly tasty.

Difficulty Level: Easy

Prep Time: 10 minutes (60-120 minutes if allowing to marinate)

Cook Time: 15 minutes

Total Time: 25 minutes



INGREDIENTS

- 300g TONZU Organic Tofu
- 1-2 tbsp tamari/soy sauce
- 1 garlic clove, crushed
- 2-3 tsp lightly toasted sesame seeds

Optional

- Fresh sliced or chopped chilli
- Chopped coriander
- Sliced spring onions
- Sprinkle of lime juice

HOW TO MAKE

1. Marinate the tofu cubes in tamari and garlic for a couple of hours if possible.
2. Toast the sesame seeds lightly and set aside.
3. In a little olive oil, fry the marinated tofu cubes on all sides adding extra tamari as needed.
4. Before serving sprinkle on the sesame seeds and any other ingredients such as chopped chilli, spring onions, lime or coriander.

HOW TO SERVE

Serve with steamed greens and rice or noodles with a drizzle of sesame oil!

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