

# TONZU

PLANT-BASED WHOLEFOODS

## Quick'n'Tasty Pan-Fried Tofu

Serves 2 people

This is such a simple and easy way to enjoy TONZU Tofu! Great done on the BBQ when there are a few mouths to feed!

**Difficulty Level:** Easy

**Prep Time:** 5 minutes

**Cook Time:** 20 minutes

**Total Time:** 25 minutes



### INGREDIENTS

- 300g TONZU Organic Tofu
- Tamari
- Oil for cooking

### HOW TO MAKE

1. Slice the tofu block into 1cm thick slices.
2. Place in a medium-hot pan with a little oil. Immediately sprinkle with tamari.
3. Cook for 2 minutes, then turn over.
4. Immediately sprinkle with some more tamari and cook for another 2 minutes.
5. Continue to turn and cook for 2 minutes at a time until the desired crispiness is achieved adding more tamari as required to suit your taste buds! The longer you cook the tofu the more firm it will become.

### HOW TO SERVE

Serve with some steamed rice and vegetables, add to your favourite salad or just eat as it is. Also makes a great burger substitute with salad and your favourite sauce!

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