QUICK 'N' EASY PAN FRIED TOFU

This is such a simple and easy way to enjoy **TONZU TOFU**! It's great cooked on the BBQ when there are a few mouths to feed!

INGREDIENTS

- 300g **TOFU**
- Tamari (traditional Japanese soy sauce)
- Oil for cooking

METHOD

1. Slice the **TONZU 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!

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!

SERVES	PREP	COOK	TOTAL TIME
2	5 MINS	20 MINS	25 MINS

TOFU TIP

The longer you cook the tofu the more firm it will become.

Cooking for a family or group? Double the recipe with our great value **600g** pack.

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