CUBE FRIED TOFU

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.

INGREDIENTS

- 300g **FIRM TOFU**
- 100ml Tamari, or Soy Sauce
- 2 Garlic Cloves, crushed
- 25ml Cider Vinegar
- 100g Gluten Free Flour
- 50g Nutritional Yeast (optional)

METHOD

1. Mix together the tamari, garlic and vinegar to create a marinade.
2. Cube the **TONZU FIRM 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).
4. Roll the tofu cubes in the flour until evenly coated
5. Fry in hot oil turning every 2 minutes until crispy on all sides.

TO SERVE

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

SERVES	PREP	COOK	TOTAL TIME
2	20 MINS	20 MINS	40 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.