

# Crispy Tangy Tofu



TOTAL TIME

15 mins



COURSE

Dinner, Lunch



SERVINGS

2 servings

CALORIES

284 kcal

## INGREDIENTS

- 1 8oz package firm tofu
- 2 Tbsp canola or vegetable oil
- 3 Tbsp soy sauce (tamari for gluten free)
- 2 Tbsp ketchup
- 1 Tbsp brown sugar
- ½ Tbsp mustard
- 2 tsp white vinegar
- 1 Tbsp chili sauce I use Thai sweet chili sauce
- ¼ tsp chili powder
- 2 tsp minced garlic
- 1 tsp sesame seeds
- 1 green onion (optional) chopped

## INSTRUCTIONS

1. Slice the tofu into desired size, about 3/8" thick.
2. Heat canola oil in the non-stick skillet over medium heat and fry the tofu slices for 2-3 minutes on each side until they get golden brown. They should be crispy on the outside but soft inside.
3. Meanwhile, in a small ball combine soy sauce, ketchup, sugar, mustard, vinegar, chilly sauce, chilly powder, garlic, sesame seeds and set aside.

4. When tofu slices are fried, transfer them on to another plate, keep the skillet on the medium heat.
5. Add the soy sauce mixture into the hot skillet and let them bubble and thicken for about 1-2 minutes.
6. Return the fried tofu slices back into the skillet with sauce and toss them well. Transfer them on the serving plates and sprinkle chopped green onion on top. Serve warm and enjoy.
7. Notes: I usually blot the tofu slices with a paper towel to avoid oil splash when I add to the hot skillet and it also helps to create crispiness.

## NUTRITION

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### Nutrition Facts

Crispy Tangy Tofu

**Amount Per Serving**

<b>Calories</b> 284	Calories from Fat 180
<b>% Daily Value*</b>	
<b>Fat</b> 20g	31%
<b>Carbohydrates</b> 13g	4%
<b>Protein</b> 14g	28%

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD  
gluten free

### Tried this recipe?

Let us know how it was!