

Five Spice Tofu



PREP TIME

5 mins

COOK TIME

14 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

2 servings

CALORIES

339 kcal

INGREDIENTS

- 1/4 c soy sauce or tamari
- 2 Tbsp coconut sugar (or regular sugar)
- 1 lb extra firm tofu
- 1 tsp chinese five spice
- 1 Tbsp olive oil

INSTRUCTIONS

1. In a small bowl, mix together the coconut aminos and sugar. Set aside. Sprinkle both sides of the tofu with five-spice powder.
2. Heat the oil in a large nonstick skillet over medium-high heat. Add the tofu and cook for about 7 minutes – you should see the edges start to cook. Flip the tofu over and lower the heat to medium and pour the aminos mixture over everything.
3. Cook for another 3-4 minutes, until the tofu is cooked to your liking. Remove from the heat.
4. Divide into portions and put on serving plates, drizzled with the remaining sauce in the pan.

NUTRITION

Nutrition Facts

Five Spice Tofu

Amount Per Serving

Calories 339 Calories from Fat 153

% Daily Value*	
Fat 17g	26%
Carbohydrates 23.6g	8%
Protein 20g	40%

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



Tried this recipe?
Let us know how it was!