

NUTRI BAN

A PLANT BASED SNACK

ORANGE TOFU



NUTRITION FACTS

59 g Carbohydrates
23.5 g Protein
7.5 Fat
403 Calories
587 mg Sodium

INGREDIENTS

100g firm tofu , pressed for 15 mins, then cubed
½ tbsp cornstarch, divided
¼ tsp flour (rice flour for crispier or all purpose)
garlic powder as desired
dash of white or black pepper

Orange Sauce:

1 garlic cloves , finely chopped
¼ inch ginger minced or 1 tbsp grated
½ tbsp light soy sauce
½ tbsp white or rice vinegar
1 sachet Aminoleban® Oral
¼ tbsp honey
15ml water
1/8 tbsp cornstarch , 2 tbsp for thicker sauce

PROCEDURE

1. Line a baking dish with parchment or grease. Preheat the oven to (205 C).
2. Add cubed tofu to a large bowl. Sprinkle 1 tbsp cornstarch, flour, salt, garlic, and pepper. Close the top of the bowl with a plate or lid and shake to coat. Add more cornstarch and shake again.
3. Spread in the stoneware dish. Bake at 400 deg F for 25 to 35 mins. Give the tofu a shake at the 20-minute mark.
4. Combine all the ingredients for the Sauce, except water and cornstarch and Aminoleban® Oral in a saucepan. Cook over medium heat to bring to a boil. Mix cornstarch in the water well and add into the simmering sauce. Mix and Cook for another 2 mins to thicken. Stir well for even thickening. Taste and adjust salt, sweet, flavor.
5. Cool the sauce and add 1 sachet of Aminoleban® Oral, stir well until no more clumps.
6. Add the baked tofu to the sauce and toss to coat.