

# Crispy Pan Fried Tofu



4.8 from 38 reviews

Your kids will call this easy 20 minute crispy fried tofu “chicken”. It’s that good!

- **Author:** Olena of ifoodreal.com
- **Prep Time:** 10 minutes
- **Cook Time:** 10 minutes
- **Total Time:** 20 minutes
- **Yield:** 6 servings
- **Category:** Dinner
- **Method:** Stove
- **Cuisine:** Asian



## Ingredients

SCALE

- 2 x 12 oz packages firm or extra firm tofu, cut into 1 inch cubes
- 2 tbsp soy sauce
- 3 tbsp cornstarch
- 1 tsp garlic powder
- Ground black pepper, to taste
- 2–3 tbsp olive oil
- Green onion, finely chopped
- Sesame seeds, for garnish

## Instructions

1. In a medium bowl, add cubed tofu and soy sauce on top. Stir gently with silicone or wooden spoon (metal will do more damage to tofu’s delicate texture). Set aside.
2. In another medium bowl, add cornstarch, garlic powder and pepper. Stir well with a fork and set aside.
3. In the meanwhile, preheat large ceramic non-stick skillet on medium heat. Add half of the olive oil. It should be hot enough to make tofu sizzle right away.
4. Add tofu cubes to a bowl with cornstarch mixture and gently stir to coat. Tofu will be coated in sticky wet cornstarch mixture. Perfect!
5. Add half of the tofu to a pan in a single layer. Cook until browned, about 2-3 minutes. Flip each cube with a spatula and pan fry for a few more minutes or until crispy (you can add half of the marinade now and the other half with next batch). Transfer to a plate and repeat this step with remaining tofu.
6. Garnish with sesame seeds and green onion. Crispy tofu is best served immediately as it loses its crispiness after half an hour I would say. Or if you cover it. Still delish!!!

## Notes

- You can use toasted sesame oil in place of olive oil. So good and that's what I usually do. I just ran out of it.
- The marinade of soy sauce, cornstarch etc. doesn't have to be thrown away. You can pour on top of cooking tofu for more flavor.

★ Did you make this recipe? Please give it a star rating in the comments.

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