

# CRISPY TOFU

I use this in salad bowls and curry's, super useful and very tasty.

2 servings

**Per Serve - Calories: 270 Carbohydrates: 2.3 g Protein: 21 g Fat: 18.5 g, Fibre 2.8g**

## INGREDIENTS

400g of extra firm Tofu

1-2 teaspoons of desired seasoning (tamari, soy, curry powder or Mexican spice)

1 pinch of salt

1 tablespoon of cooking oil (I use coconut)

## DIRECTIONS

Preheat oven to (190 C) and wrap your extra firm tofu in an absorbent towel. Set something heavy on top - like a cast iron skillet - to press out extra moisture for 5 minutes

Unwrap tofu and cut into small add to a mixing bowl and season with a pinch of salt and desired seasoning

Heat a large oven-safe metal or cast iron skillet over medium heat. Once hot, add the oil and the seasoned tofu. Sauté for 5 minutes, shaking/flipping occasionally to cook on all sides, until tofu has a slight crust on each side and has begun to brown.

Transfer skillet to oven to bake for about 15 minutes, or until the tofu is firm to the touch and has begun to dry out and crisp up. The longer it bakes, the firmer it gets. I found the 15-minute mark to be about right.