



SALT AND PEPPER TOFU WITH SWEET CHILLI SAUCE

Crispy on the outside, soft on the inside, these moreish nuggets make a great vegan-friendly appetizer or main.



EASY



45 MINS



15 MINS



4 SERVES

Ingredients

- 450g firm silken tofu
- $\frac{3}{4}$ cup corn flour
- $\frac{1}{4}$ cup cornmeal
- salt and pepper
- 1 tbsp Vegetable Oil
- 2 handfuls of green beans

For the dipping sauce:

- $\frac{1}{4}$ cup water
- 2 tbsp maple syrup or honey
- 2 rice wine vinegar
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp of corn starch
- $\frac{1}{2}$ tsp finely chopped chilli (Feel free to use more or less depending on taste or omit if your kids don't like chilli)

Instructions

1. Cut the tofu in half through the middle to make 2 thinner blocks. Wrap in a tea towel and place on a cutting board. Place a heavy item such as a thick book on top to press out the water. Leave for a about $\frac{1}{2}$ an hour.
2. In the meantime, mix the corn flour, cornmeal and salt and pepper together in a bowl for the coating.
3. You can also use this time to make the sauce. Whisk all sauce ingredients in a small pot and cook over medium to high heat for 5 minutes or until thickened.
4. When the tofu has finished pressing, cut into cubes, and coat well with the coating mix.
5. Heat the oil in a frying pan. Add the tofu and cook until crispy on all sides. Place on a plate lined with paper towels to remove excess oil.
6. Blanch green beans and add a squeeze of lemon.
7. Serve the tofu with dipping sauce and a side of green beans and enjoy!