

Crispy Tofu

This is a very morish recipe. Cook and eat straight away as part of a meal or a snack.

Goes well with Thai Curry or a salad.

This recipe will serve 2 people.

With a total of 32g protein.

Which is enough protein for 2 people for one meal depending on your height and gender.

Ingredients

400g block firm tofu

3 tbsp cornflour

½ tsp garlic granules

½ tsp smoked paprika

½ tsp fine sea salt

½ tsp ground black pepper

2 tbsp organic sunflower oil or avocado oil

Method

1. Wrap the tofu in kitchen paper and place something heavy on it to press out the water. Leave it for an hour or so.
2. Mix the cornflour, garlic, paprika, salt and pepper in a mixing bowl and mix well. Cut the tofu into whatever shape you like. Can be strips or cubes.
3. Place the tofu in the mixing bowl and coat all over with the corn flour mixture.
4. Heat the oil in a large non stick frying pan over a medium-high heat. Fry the tofu on each side for 2 to 4 minutes or until crunchy and golden.

The logo for Veet Karen, featuring the name in a stylized, handwritten script font.