

Sesame Tofu

Press the Tofu:

- Remove tofu from the package and drain the water. Slice in half lengthwise so you end up with 2 thinner slices. Place on a lint free towel lined plate and fold the sides over. Cover with another lint free towel and place a heavy item on top, something with good balance. Allow the tofu to press for at least 35 minutes or overnight. (If pressing overnight make sure to transfer to the refrigerator and keep cool)
- Use your hands and roughly tear the tofu into bite size pieces. Transfer to a bowl and sprinkle with a tiny pinch of sea salt and two tablespoons of tapioca. Gently toss to coat well.

Air Fryer Method:

- Place the tofu on a parchment lined air fryer tray and air fry at 375° for 15 to 17 minutes until golden around the edges.

Oven Baked Method:

- Spray the pressed tofu pieces with a light coat of sesame oil. Dust with 2 tablespoons of tapioca and toss to coat well. Arrange on a parchment lined baking sheet preferably without touching each other. Bake at 400°F for 25 to 30 minutes until golden around the edges.

Make the Sesame Sauce:

- In a small bowl whisk together all the sauce ingredients until combined. Transfer to a sauce pan and bring to a simmer. Cook a minute or so until the sauce has thickened.

- Transfer the cooked tofu into the sesame sauce and toss to coat well all over. Serve over steamed broccoli and riced veggies.

Recipe from:

<https://veggiesociety.com/sesame-tofu-recipe-broccoli/>

Total time: 40 minutes