



Crispy Tasty Tofu with Seed + Mill Tahini Sauce

A delicious and healthy recipe that comes from Susan Spungen's newsletter, Susanality. This dish features a extra crispy tofu and nutty with a kick of spice tahini drizzle! It is the perfect low maintenance dinner or snack that can be easily customized to your liking! Susan suggests serving it over rice, cooked chickpeas, or with raw or pickled cabbage for some extra crunch!

30

MINUTES

2-4

SERVINGS

11

INGREDIENTS



SPICE LEVEL

Crispy Tasty Tofu

INGREDIENTS

For the tofu

- 1 14oz block firm drained
- 1 tbsp low-sodium soy sauce
- 1 tsp sriracha
- Kosher salt, to taste
- 2 tsp sesame oil or neutral vegetable oil, plus more for cooking
- 1 tbsp cornstarch
- 2 tsp dried minced garlic

For the sauce

- ½ c Seed + Mill Organic Tahini
- Chili crisp, to taste
- Dash of umami seasoning, like miso or fish sauce, to taste
- ¼ c water

DIRECTIONS

1. For the tofu: Cut the block of tofu widthwise into 4 pieces. Then cut in half to have 8 rectangles. Lay tofu out in a single layer on a double thickness of paper towels and press lightly. Let sit until paper towels are saturated.
2. Place the tofu on a dinner plate. Sprinkle with the soy, sriracha, salt, and oil. Use hands to coat the tofu well. Let sit, tossing once or twice until the tofu absorbs the liquid.
3. Use a small strainer to sift half the cornstarch over top, turn the pieces and sift the remaining cornstarch over, then use your hands to coat everything well.
4. Heat a large skillet over medium-high heat. Add 2 teaspoons neutral vegetable oil and add tofu with one of the large sides down. Cook for 2 to 3 minutes, or until the tofu is well browned and crisp on the first side. Turn over and cook for another 2 to 3 minutes.
5. Add the minced garlic and cook for an additional minute, tossing, until the garlic is a shade darker.
6. For the sauce: Mix all ingredients until creamy and smooth, adding more water as needed to reach the desired consistency. Drizzle over tofu and enjoy!



Follow us → For more recipes and videos → @umamicart

umami
cart