

Crispy fried tofu



5m
Preparation
Time

5m
Cooking
Time

4
Serves

Ingredients:

- 450g firm tofu, sliced 1cm thickness, excess liquid removed
- 1 teaspoon sea salt
- 3 tablespoons corn flour
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon sesame oil
- 1 red chilli, finely sliced
- 4 green onions, thinly sliced
- 2 Lebanese cucumbers, very thinly sliced

Method:

- Sprinkle tofu with salt and dip both sides in corn flour.
- Heat 2 tablespoons olive oil in a fry pan over medium heat. Cook tofu until golden on both sides. Remove and repeat with remaining slices.
- Combine soy sauce, rice wine vinegar, sesame oil and chilli in a bowl.
- Serve tofu with dipping sauce, green onions and cucumbers.

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Nutrition:	Per serve (4 serves total)	Per 100g
Energy	1178kJ	318kJ
Protein	17g	5g
Fat total	13g	4g
Saturated fat	2g	0.49g
Monounsaturated fat	4g	1g
Polyunsaturated fat	7g	2g
Trans fat	0.10g	0.03g
Very long chain N3 fatty acids	0g	0g
Carbohydrates	20g	5.34
Sugars	12g	3.24
Fibre	9g	2.47
Sodium	885mg	239mg

Notes

The nutritional content stated in each recipe has been calculated using a nutritional labelling tool by FoodWorks 9 Professional. Please note the stated nutritional content is an estimate only, and may vary depending on the quality and amounts of ingredients used. For more information on the nutritional content of your food, please consult your dietitian for advice.