Crispy fried tofu

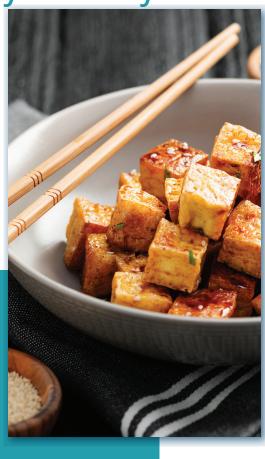






Preparation . Time

Cooking **Time**



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

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.

Do you like this recipe? You might be interested in more recipes developed by Amie Harper, food and nutrition expert - by Amie Harper, food and nutrition

| 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 | | |
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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.

