



SWEET AND SOUR TOFU

Serves 2

❖ **Ingredients**

- 400 g firm tofu
- 2 red peppers
- 3 cloves of garlic
- 2 tablespoon of corn starch
- Vegetable oil
- Salt, white pepper
- Sesame seeds for garnish
- Sweet and sour sauce
- 3 tablespoons tomato puree
- 3 tablespoons of rice vinegar or apple cider vinegar
- 1 tablespoon of tamari sauce (or soya sauce if you are not gluten free)
- 3 tablespoons of maple syrup or other sweetener of your choice
- 2 tablespoons of corn-starch
- 120 ml water

❖ **Method**

1. Preheat the oven to 200°C
2. Open the package of tofu and drain it completely. Use a tofu press if you have one, otherwise, layer the tofu with clean towels and place a heavy object on it to press out excess liquid. Let it press for at least 15-20 minutes.
3. Transfer half of the tofu cubes to a freezer bag with 2 tbsp of cornstarch and toss to coat. Repeat this step with the rest of the tofu and cornstarch. Add more cornstarch if needed.

4. Bake for approximately 35-40 minutes, flipping the pieces over after 20 minutes, or until lightly browned and crisp on the outside. The tofu will continue to get crispier as it cools.
 5. In a wok or large frying pan heat the oil and fry chopped garlic, add chopped bell pepper and fry until the bell pepper is juicy and softened approx, 3-5 minutes.
 6. Mix tamari sauce, rice vinegar (or apple cider vinegar) tomato puree, maple syrup and water in a bowl until well combined.
 7. Add the sauce to a saucepan with cornstarch and cook until it thickens, stirring constantly. Season with salt and white pepper
 8. Mix the tofu, veggies and sauce in the pan, stir and cook for about 5 minutes over medium heat, stirring occasionally.
 9. Serve with some sesame seeds on top (optional).
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