

## SPICY GARLIC TOFU



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**SERVINGS**

4

(½ cup each)

**TIME**

25 min

**GF****NF**

### INGREDIENTS

#### Tofu

- 1 block (450 g) extra firm tofu, cut into ½ inch (1 cm) cubes
- 2 Tbsp (16 g) cornstarch (or sub arrowroot starch)
- 1 Tbsp (15 mL) vegetable oil
- ½ tsp salt
- ¼ tsp black pepper

#### Sauce

- 2 Tbsp (30 mL) maple syrup
- 1 Tbsp (16 g) gochujang chili paste\* (or sub other hot sauce)
- 1 Tbsp (15 mL) sodium-reduced soy sauce (sub for tamari if GF)
- 1 Tbsp (15 mL) rice vinegar
- 2 Tbsp (10 mL) vegetable oil
- 5 cloves garlic, minced
- 1 shallot, diced (or sub white or red onion)
- 2 red hot chilis, thinly sliced
- 2 stalks green onion, thinly sliced

- ½ Tbsp (4 g) toasted sesame seeds

### DIRECTIONS

1. Drain the tofu of any excess liquid before cutting it into little cubes. The more liquid that can be drained, the quicker the tofu cooks and the more crispy it gets.
2. To a large shallow bowl, add the tofu cubes, cornstarch, vegetable oil, salt, and pepper. Gently toss to coat.
3. Heat up a large pan over high heat and add the tofu, cooking for about 10 minutes, or until golden and crispy. Try to not disturb the tofu too much, otherwise it crumbles. Give it a toss only ever couple minutes, so that it cooks evenly on all sides.
4. Meanwhile, make the sauce by mixing together the maple syrup, gochujang, soy sauce, and vinegar. Set aside
5. When the tofu is crisped to your liking, transfer it to a plate.
6. Return the same pan to the heat, and add the vegetable oil. When hot, add the garlic, shallot, chilis, and green onion all at once. Sauté for 4 - 5 minutes.
7. Reduce the heat to medium-high and add the sauce, cooking for another 4 - 5 minutes or until the sauce becomes sticky.
8. Add the tofu to the pan, and give it a stir so the tofu is coated.
9. Garnish with sesame seeds and serve. Enjoy!

### NOTES

- \* Gochujang is a Korean fermented red chili paste, which has a sweet, savoury and spicy flavour. Outside of Korea it can be found in most Asian supermarkets, but you could also substitute it with another hot sauce, such as Sriracha.
- **Storage:** the tofu can be stored in an air-tight container in the fridge for up to 3 days.