

SPICY MINCED TOFU



INGREDIENTS

- 2 TBSP Olive Oil
- ½ lb Extra Firm Tofu, mashed or crumbled (Press the tofu first)
- 2 TBSP Soy Sauce
- 2 TBSP Sriracha



INSTRUCTIONS

Step 1: Press and Mash Tofu

- Wrap your block of tofu in a towel and place a weighted surface on top.
- Leave the tofu to press for 5-10 minutes.
- Place in bowl and mash using potato masher.

Step 2: Cook the Tofu

- Heat a large non-stick pan over medium high heat and add in the oil.
- Once hot, add in the tofu. You can continue to crumble this as needed, especially if there are big chunks.
- Leave the tofu untouched over medium heat for 3-4 minutes for it to lightly crisp and brown at the bottom. It'll also start to dry up and resemble minced 'meat' as it cooks and the water evaporates.
- Season the tofu with the soy sauce and sriracha. Mix well.
- Leave the tofu to cook for another 3-4 minutes until it completely dries up and resembles minced meat.

