



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 30 mins

Serves: 4

INGREDIENTS

TOFU

- 2 tbsp tamari sauce
- 2 tbsp vinegar
- 450g firm tofu, cubed
- ½ cup potato starch/flour
- ¼ cup coconut oil
- 3 tsp crushed garlic

• **SAUCE**

- ¼ cup tamari sauce
- ¼ cup vinegar
- ¼ cup rice malt syrup (or sweetener)
- ½ cup water (or stock)
- ½ tsp cayenne pepper
- 1 tsp smoked paprika

METHOD

- In a large bowl combine tamari sauce and vinegar.
- Add tofu, stir and leave for 10-15 minutes.
- In another large bowl, add potato starch.
- Drain tofu pieces (keep marinade) and toss into bowl with potato flour, coating all sides. (keep remaining flour)
- Heat coconut oil in pan on medium heat and stir garlic, cooking 3 minutes.
- Add tofu pieces to oil and fry, turning to cook each side, about 15 minutes, remove pieces and set aside.
- In a bowl combine sauce ingredients, remaining marinade and remaining potato flour.
- Add to frying pan in remaining oil and cook in high, stirring until thick.
- Add tofu pieces and heat through.
- Serve garnished with sesame seeds and chopped garlic chives on cauliflower rice.

TOFU WITH SOY SAUCE

