



LEMON CRUSTED TOFU

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: 10 mins

Serves: 4

INGREDIENTS

- 500g extra firm tofu
- 2 tsp coconut aminos, or tamari
- 1 tbsp finely grated lemon zest, or lemon pepper blend
- 2 tbsp cornflour or potato starch
- 2 tbsp coconut oil
- 1/2 tsp chilli flakes
- Garnish: finger limes or lemon juice



METHOD

- Press the tofu by slicing the block through the middle and wrapping both pieces in towel and placing a heavy object on top for 20-30 minutes to remove the moisture.
- Cut the tofu into bite size pieces and place in a bowl.
- Add coconut aminos and toss to coat.
- Sprinkle lemon zest and cornflour over the top and toss to coat all sides.
- Heat the oil in a pan until medium high, add the tofu pieces.
- Cook while turning often, on all sides, for 6-8 minutes until crisp and brown.
- Serve hot with finger lime pearls or lemon juice over the top.