



Cut at the line for a 4x6 Recipe Card

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Breaded Tofu

(Dinner, None)

Ingredients:

- 1 lb firm tofu, sliced
- 1/2" thick
- 2 cups panko breadcrumbs
- (or fine crumbs)
- 1/4 cup extra virgin olive oil
- Marinade
- 5 cloves garlic, minced
- 2 tbsp soy sauce
- 1 tbsp whole grain Dijon mustard
- 4 tsp maple syrup
- 2 tbsp tomato paste
- 3/4 tsp chili flakes
- 1/2 tsp celery salt
- 1/4 tsp black pepper
- 1/2 tsp onion powder

Directions:

Mix all the marinade ingredients together and dip the tofu slices in it such that it's fully coated. Then dip the slices in the breadcrumbs. Set aside. Heat the oil in a frying pan over medium-high heat and fry the breaded slices until they are golden brown on both sides. Serve with your favourite dip. Yield: 2-4 servings

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