

# CRISPY TOFU AND MUSHROOMS



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Box Firm Tofu	1	Konjac Flour	1 Tbsp.
Soy Sauce	1/3 Cup	Mushrooms Sliced	1 1/2 Cup
Apple Cider Vinegar	1/3 Cup	Bay Leaf	1
Garlic Cloves, Mashed or Finely Minced	3	Extra Virgin Olive Oil	1 Tbsp.
Freshly Ground Black Pepper	To Taste	Green Onion, Sliced for Garnish (Optional)	1 Tbsp.



## PREPARATION

- Wrap the tofu in paper towels and place it on a platter. To press the tofu down, place a heavy item on top of it.
- Let the tofu sit for 15-20 minutes so the excess water can drain. Remove the paper towels from the tofu and chop it into 1-inch slices or cubes.
- In a bowl, whisk together soy sauce, apple cider vinegar, minced garlic, and black pepper.
- Add the tofu cubes to the marinade and gently toss to coat. Let it marinate for at least 15 minutes.
- In a shallow dish, place the konjac flour. Drain the tofu from the marinade and roll each cube in the flour until coated evenly.
- Heat the olive oil in a skillet over medium heat. Add the coated tofu cubes and cook until golden brown and crispy on all sides. Remove the tofu from the skillet and set aside.
- In the same skillet, add the sliced mushrooms and bay leaf. Saute until the mushrooms are tender and lightly browned.
- Return the crispy tofu to the skillet with the mushrooms and toss everything together to combine. Cook for an additional minute to heat through.
- Remove the bay leaf from the skillet and transfer the tofu and mushrooms to a serving dish.
- Garnish with sliced green onions if desired. Enjoy!