



# Pan-Fried Tofu with Peanut Sauce

## Instructions

Serves: 4

1. Drain the tofu from the package and cut into plank sized rectangles about 1/4 inch thick. Press the tofu by putting the planks between paper or cloth towels and put a plate on top to release the excess fluid. This can be done in about 10-30 minutes. If you don't have 30 minutes, you can dry the tofu out similarly by microwaving the tofu between the towels for 2 minutes. (be careful when you handle it from the microwave that it's not too hot)
2. Season the pressed tofu planks with salt and pepper (or hold the salt if you will add soy sauce). Heat a skillet over medium heat. Once hot, add the oil and the tofu. Allow to cook until browned on one side then flip to the other side (about 4-5 minutes each side). Optional: add soy sauce at the very end and stir to coat tofu.
3. Make the peanut sauce:
  - a. Place all ingredients except lime juice in a saucepan and mix over moderate heat until combined (about 30 to 60 seconds).
  - b. Turn off heat and stir in lime juice. Can add more water if needed to make desired consistency.
4. Serve with brown rice and stir-fried, roasted or steamed green veggies (broccoli, green beans, sweet pea pods, etc.) and sauce of your choice.

## Ingredients

1 package (16 oz) of firm or extra firm tofu

Salt and pepper to taste

1 tsp oil - avocado, canola, etc

optional: 1 tsp soy sauce, add to steps

### **Peanut Sauce**

1 teaspoon crushed garlic

2 tablespoons peanut butter

1 teaspoon fish sauce (optional)

1 teaspoon brown sugar (or date sugar)

1 teaspoon soy sauce

1/4 cup water or light coconut milk

1 teaspoon lime juice

1/4 - 1/2 teaspoon chili garlic or Sriracha sauce (optional)