

SESAME TOFU

Serves 3

INGREDIENTS

400 g / 12 oz extra-firm tofu, drained and patted dry

2 tablespoons tamari

2 cloves garlic, minced

1 tablespoon honey

1 tablespoon grated peeled fresh ginger

1 teaspoon toasted sesame oil

Salt & black pepper to taste

¼ teaspoon sesame seeds

METHOD:

Preheat the oven to 190°C/350°F.

Line a plate with paper towels, and place the tofu on top. Cover with more paper towels and press until dry. You may like to let it rest covered for a few minutes until all liquid is gone.

In a large bowl, whisk the tamari, garlic, honey, ginger, and sesame oil together. Stir in the sesame seeds. Cut the tofu into triangles and dip into the liquid mixture coating both sides before putting in the oven place onto a baking tray lined with parchment. Cook for 25 minutes, flipping halfway through to cook both sides evenly.