Fried Tofu with Mango Salad and Rice

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A fantastic and delicious way to go meatless.

Timing

Prep time	Total time	Skill level
30	**45**	**Medium**

What You'll Need

- 14 oz firm tofu
- ¼ cup cornstarch
- ½ cup vegetable oil

Sauce

- ¼ cup soy sauce
- ¼ cup water
- 2 tsp honey
- 1 tsp minced garlic
- ½ tsp rice wine vinegar
- 1 tbsp. cornstarch

Mango Salad

- 1 mango, diced.
- ½ cup quartered cherry tomatoes
- ¼ cup red onion diced small
- ½ diced red pepper
- ½ diced orange pepper
- ¼ cup chopped cilantro
- 2 tbsp sesame oil

Directions

Fried Tofu:

1. Remove tofu from packaging and drain. Squeeze out excess liquid by placing it between 2 plates. The weight will help drain the liquid. Let the tofu sit until most liquid has drained.
2. Cut tofu into cubes approx. ¾ inch width.
3. Toss in a bowl with some cornstarch. Evenly coat the tofu.
4. On the stovetop, preheat a pan to medium/high heat and liberally coat the bottom with oil. About a 1/8" inch. Be sure not to add too much to avoid deep frying the tofu.
5. Place tofu into the pan with hot oil and avoid overcrowding the pan.
6. Cook for 2-4 minutes on each side or until the tofu has a golden crust.
7. Once the tofu is cooked, add sauce to the pan and gently toss it to cover the tofu.
8. Remove tofu and add scallions and sesame seeds.
7. Serve with your favorite rice and mango salad.

Mango Salad:
1. Gently mix ingredients together and season with salt and pepper.