

“General Tso” Sticky Tofu

Ingredients:

- 1 package organic extra firm tofu, drained
- 3 Tablespoons avocado oil
- 1/3 cup cornstarch or Arrowroot (Arrowroot flour is a gluten-free substitute for cornstarch)

Sauce:

Whisk together:

- 4 Tablespoons Tamari (or soy sauce)
- 1 Tablespoon maple syrup
- 2 Tablespoon hot chili sauce or sriracha
- 2 Teaspoons toasted sesame oil
- 2 Tablespoons rice vinegar
- red chili pepper flakes (optional)

Directions:

1. Remove tofu from packaging, place on a plate and add plates on top to squeeze out all the water. Cut into cubes (1- 1.5 inches)
2. Add cornstarch to a bowl, roll each tofu cube in it.
3. Heat oil on medium in non-stick pan, and once oil is hot, add tofu and fry until golden and crispy- about 6-8 minutes eat side, turning occasionally so all sides are crispy.
4. Remove crispy tofu cubes to a plate with paper towels to get excess oil. Remove the pan from heat and clean off the excess oil.
5. Return pan to the stove and pour in the sauce. Heat the sauce a little and add the tofu cubes. Stir until all cubes are evenly coated in the sauce. The sauce will thicken.

