



soy marinated tofu;

1. (soi mahri-nay-t'd toh-fuu)
noun. Soy sauce and hoisin marinated tofu, perfect served with broccoli over noodles or rice.
2. Produces 4 Servings.
3. Preparation 50 mins.
4. Oven temperature set to --.

Ingredients;

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|-------------------------------|----------------------------|
| 1 package firm tofu | ¼ c. hoisin sauce |
| ¼ c. soy sauce | 1 tsp. sugar |
| 1 tsp. freshly chopped ginger | 2 cloves garlic, minced |
| ¼ tsp. red pepper flakes | 1 Tbsp. olive oil |
| 1 tsp. sesame oil | green onions/sesame seeds* |
| rice/noodles for serving | vegetables for serving |

*as desired for garnish

Instructions;

1. Remove tofu from packaging. Wrap in paper towels and allow to sit for 4-8 hours.
2. Meanwhile prepare marinade. Chop garlic and ginger, and add to a plastic bag with hoisin sauce, soy sauce, sugar, red pepper, olive oil, sesame oil.
3. Chop tofu into ½ - 1" blocks and add to marinade. Allow to sit 30 minutes.
4. Heat a wok or pan over high heat and add a splash of oil. Once very hot add tofu to pan and cook until seared.
5. If serving with vegetables, toss vegetables with any remaining marinade.
6. Serve over pan fried noodles or rice and top with green onions and/or sesame seeds as desired.