



# Sticky teriyaki tofu



Medium



30 minutes



Serves 4

## INGREDIENTS

400g tofu

30g cornflour

Pinch of salt

Pinch of pepper

Sesame oil

Thumb of ginger

### *For the sauce:*

2 garlic cloves

5 tbsp soy sauce

5 tbsp mirin

4 tbsp light brown sugar

2 tsp cornflour

### *To serve:*

240g jasmine rice

Spring onion

Red chilli

Coriander

Sesame seeds

Lime

## METHOD

### Step 1.

Remove tofu from packaging, press between paper towels by pressing with a book. The longer, the better.

### Step 2.

Preheat the oven to 180°C (Fan) or 200°C (Non-Fan) and line a baking tray with baking paper.

### Step 3.

Cut your tofu into bite-sized cubes and add to a mixing bowl with the cornflour, sesame oil and add your salt and pepper. Gently stir and then place on your baking tray and bake for 15 minutes.

### Step 4.

Cook your rice while waiting for your tofu.

### Step 5.

Then prepare your teriyaki sauce. Peel and dice your ginger and garlic and add to a small saucepan over medium heat. Add your soy sauce, mirin and light brown sugar.

### Step 6.

Combine the cornflour with 3 tbsp of water and stir until smooth.

### Step 7.

Bring your sauce to the boil and slowly add to your sauce, bring to the boil and then reduce to a simmer for 5-8 minutes until the whole sauce has thickened.

### Step 8.

Add your tofu pieces and stir through before removing from the heat.

### Step 9.

Serve over a bowl of rice and add freshly chopped spring onion, chilli coriander, sesame seed and a squeeze of lime to flavour.