



## Salt & Pepper tofu

This delicious tofu recipe can be eaten as a snack or as a main meal with rice or chips!



We always used to love salt and pepper dishes and worked out how to make this on our own so we know exactly what has gone into our food. A hit with friends and family this is something we make regularly and is quick and easy!

What you'll need:

Wok, wooden spoon, measuring spoons, tofu press, garlic mincer

### Ingredients

- 2 tbsp of oil
- 1 block of tofu pressed and drained
- $\frac{1}{2}$  red chilli
- $\frac{1}{2}$  green chilli
- 1 tsp black pepper
- 1 tsp sea salt
- One clove of garlic minced/ finely chopped

### Method

1. Once the tofu is drained and pressed cut into inch squares. Chop the chilli's finely. If you want less heat remove seeds before chopping.
2. Heat the oil in the wok and add the minced garlic. Stir and leave for 2 to 3 minutes. Add the chilli's, stir and leave again for 2 to 3 minutes.
3. Add the tofu, sea salt and black pepper. Give everything a good stir trying to make sure the tofu is coated well with all the ingredients.
4. Allow to cook until the tofu starts becoming a golden colour on the edges.
5. Serve with our vegetable rice recipe and sticky sauce!