

SEXY, SAVORY MARINATED TOFU

gluten-free, vegan

Recipe by Jentry Lee Hull

Yields 6-8 servings

INGREDIENTS

- 2, 16 oz packs High Protein Organic Tofu ([Wildwood Organic](#) or Trader Joe's house brand) sliced into 1/4 in thick slabs
- 1 Tbsp avocado oil
- 1/4 Cup Coconut aminos ([Big Tree Farms](#) brand)
- 1/4 Cup low sodium Tamari ([San-J](#) brand)
- 1 Tbsp Worcestershire sauce ([Wan Ja Shan](#) or Whole Foods 365 Brand are both gf/vegan)
- 1 Tbsp Hot sauce of choice (I prefer [Siete Traditional hot sauce](#))
- 1 tsp. Garlic granules

MARINADE METHOD

- Remove packs of tofu from packaging, drain water and place tofu on a clean cutting board.
- Cut tofu into even sized slabs (about 1/4 inch).
- Place stacks of cut tofu into a shallow, rectangular dish. Set aside.
- In a bowl, whisk together the liquid ingredients and seasoning, and pour onto tofu.

- Marinate for at least 30 minutes, flip halfway through to even out the flavor.

OVEN METHOD

- Line a baking sheet with parchment paper and preheat oven to 425°F.
- Remove tofu from marinade and reserve marinade for after. Roast tofu for 30 minutes at 425 °F turning/flipping halfway through.
- Remove from heat, let sit for about 5 minutes and slice into thin strips on a bias (diagonal).
- Place back into the marinade and keep in the fridge for up to 5 days.

AIR-FRYER METHOD

- Add marinated tofu in a single layer to air fryer and cook at 400-425°F for 20 minutes, turning/flipping halfway through.
- Remove from heat, let sit for about 5 minutes and slice into thin strips on a bias (diagonal).
- Place back into the marinade and keep in the fridge for up to 5 days.

NOTES

- Always go for organic tofu when possible.
- For best results, use high protein super firm tofu. It's more dense and less spongy, but still permeable. Firm tofu will work too, but it tends to fall apart more.

- The tofu in this recipe is not limited to Asian cuisine. The umami flavor translate well into all sorts of dishes including: Tacos, wraps, sandwiches, salads, soups, and anything that is deserving of this flavor bomb.

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 256	
% Daily Value *	
Total Fat 14 g	21%
Saturated Fat 2 g	10%
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 996 mg	42%
Potassium 55 mg	2%
Total Carbohydrate 8 g	3%
Dietary Fiber 1 g	3%
Sugars 2 g	
Protein 25 g	49%
Vitamin A	0%
Vitamin C	1%
Calcium	10%
Iron	27%