



## Sweet and Sour Tofu

### Method – Crispy Tofu

1. In a medium-sized bowl place the pressed and torn tofu pieces. Add the soy sauce and toss to coat. Add in the garlic powder, sea salt, ground black pepper and cornflour and toss to thoroughly combine, ensuring all the tofu pieces are covered with the seasonings and the cornflour.
2. Heat a pan or wok over medium-high heat, and add the oil. When hot, add the tofu and toss to crisp up on all sides until the tofu is cooked and crisped on all sides, about 5 to 8 minutes. Feel free to do this in batches if desired. Remove tofu pieces and set aside.

### Sweet and Sour Sauce

3. In the same pan, lower the heat to over medium-high heat, and add in the onions, pineapples and bell peppers.
4. Cook until the onions are translucent and the pineapples are slightly browned, about 5 minutes.
5. In a separate bowl, whisk together the sugar, ketchup, vinegar, water, soy sauce, and garlic powder for the sweet and sour sauce and stir together until fully combined.
6. Pour in the sauce over the veggies. Bring to a slight boil, then reduce to a simmer for about 5 minutes until the sauce has thickened up. Add back in the crisped up tofu, and stir to combine. Taste test and add more sugar or soy sauce if you desire. Remove from heat until needed.

### Ingredients –

#### Crispy tofu

Oil for frying

1 x 16oz block of extra firm tofu (pressed and torn into 1 to 2 inch pieces)

1tbsp Soy Sauce

½ tsp garlic powder

Pinch of Salt and Pepper

1/3 cup cornflour

#### Sweet and Sour Sauce

½ cup of sugar

¼ cup of ketchup

¼ cup of vinegar (preferably rice or white wine)

¼ cup of water

1 tbsp soy sauce

1 tsp garlic powder

1 medium pepper

½ cup of chopped pineapple

½ medium red onion