

INSTRUCTIONS:

Place all your ingredients, prep and cooking tools on the counter near your cooking area.

Add the panko to one pie dish and add the cornstarch to the other pie dish. Set both aside. Next add the garlic, onion powder, smoked paprika and salt to a small bowl. Mix together with your fingertips. Set aside.

To cut the tofu into 24 triangles follow along using the diagram below. 1) Place the tofu brick on a cutting board and pat the tofu on all sides with paper towels. 2) Cut the tofu brick lengthwise into 6 long rectangle strips that are 1/2 inch thick. Using your fingertips, sprinkle the garlic mixture on the top and bottom of each strip. 3) Then cut each strip in half to make two smaller rectangles. 4) Cut the small rectangles diagonally to make 4 triangles from one large strip.

Next, lightly press a triangle into the cornstarch for a thin coat on each side. Repeat this step for each triangle until all have a thin cornstarch coating.

Firmly press each triangle, one at a time, in the panko making sure all sides have a thick layer of breadcrumbs on them. Repeat, and place all of the panko coated triangles on a large plate. Let the triangles rest for a few minutes so the panko adheres to the tofu.

Set a skillet on the stove top and warm the pan on medium-high heat. Add 1 tablespoon of olive oil. When the olive oil is hot, using tongs add 12 tofu triangles into the skillet, leaving space between each. Cook until golden brown, approximately 3–4 minutes per side. Add additional olive oil if necessary. Remove cooked triangles with tongs and place on a serving plate lined with paper towels. Repeat until all tofu triangles have been cooked.

Dip the crispy triangles into your favorite dressing or dip, or serve in a wrap with veggies and lettuce.

ENJOY!

CUTTING TOFU TRIANGLES:

