

# Nutty Thai Tofu

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*These protein-packed little cubes are also packed with flavour - they taste a little like satay. Perfect for parties, or if you like, combine with coconut milk and tomatoes for a quick curry.*

## Ingredients:

280g firm tofu  
5 tbsp. finely chopped spring onions  
4 tbsp. chunky peanut butter  
3 tbsp. dessicated coconut, unsweetened  
2 tbsp. minced ginger  
1 1/2 tsp. olive oil  
1/2 tsp. toasted sesame oil  
1 tsp. soy sauce  
Toasted sesame seeds

## Directions:

1. Dice the tofu into cubes. Heat the oil in a large frying pan. Add the onions and cook for a minute or two. Add the tofu and cook for 4 minutes, turning halfway through cooking. Sprinkle the tofu with the soy and let it soak in.
2. Add the peanut butter and stir until incorporated, being careful not to break up the tofu. Take off the heat and stir in the coconut.
3. To serve, sprinkle with sesame seeds.

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