

Simple PanFried Tofu

Oscar · 28/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

35 mins

Description

This panfried tofu recipe is an everyday dish from Hong Kong for those who love the taste of soy sauce Kids will love the salty fried protein Serve with rice or eat as a snack

Ingredients

- - 1 (12 ounce) package extra-firm tofu - 2 tablespoons vegetable oil
- divided - ¼ cup chopped green onions - 2 tablespoons soy sauce

Instructions

1. Place tofu onto a plate and place another plate on top. Set a 3- to 5-pound weight on top. Press tofu for 20 to 30 minutes; drain and discard accumulated liquid. Cut tofu into 2x4-inch strips about 1/4-inch-thick. Heat 1 tablespoon oil in a large skillet over medium-low heat. Cook tofu strips in hot oil until golden brown
2. 2 to 3 minutes per side. Stack tofu strips horizontally in a dish with sloping sides
3. like a teacup saucer. Heat remaining 1 tablespoon oil in the same skillet. Add green onions; cook and stir until fragrant and sizzling
4. 10 to 20 seconds. Spoon green onions over tofu while still sizzling. Coat with soy sauce. Let sit until tofu soaks up flavors
5. 3 to 5 minutes.