

TOFU STRIPS

Serves 4

Ingredients

1 block tofu

1 cup coconut milk

½ tsp chopped garlic

¼ teaspoon pepper

1 tablespoon olive oil

1 sprig thyme (½ teaspoon thyme leaves)

Salt to taste



Method

- 1. Cut tofu into ½ inch strips (1 block of tofu may be 6-9 strips)*
- 2. Add 1 cup coconut milk to a sauce pan (add a pinch of salt optional).*
- 3. Boil strips for 3 minutes in coconut milk then strain.*
- 4. Season with garlic, salt (pinch), pepper and thyme.*
- 5. Heat saucepan. Lightly coat pan with olive oil.*
- 6. Add strips and sauté until golden brown (turning or tossing as necessary).*
- 7. Serve as protein in pasta dish or in salad.*

