# COCONUT CURRY TOFU



## INGREDIENTS:

- 8 oz high protein tofu
- 1 tbsp corn starch
- 1 tbsp sesame oil

Sauce

- 1/3 cup light canned coconut milk
- 1 tsp curry powder
- 1 tbsp reduced sodium soy sauce
- 1/2 tbsp corn starch

## DIRECTIONS:

1. Cut the tofu into cubes
2. Place tofu in a bowl, sprinkle 1 tbsp of corn starch. Toss using your hands to cover tofu
3. In a medium pan, add sesame oil, heat oil in low-medium heat. Once oil is hot add tofu and turn heat up to medium
4. Cook on medium heat until all sides crisp
5. While tofu is cooking make the sauce and set aside
6. Once tofu is crispy, remove from heat and pour sauce over the tofu. Mix with a wooden spoon until sauce thickens, should thicken quickly

Enjoy!