

Tofu Stir Fry

How to make the best tofu stir fry. Crispy tofu and fresh vegetables like broccoli and spinach, sautéed in a quick and easy garlic sesame sauce.

PREP: COOK: TOTAL:
10 mins 15 mins 25 mins

Ingredients

2 (14-ounce) packages extra-firm tofu do not use firm, silken or anything other than extra-firm

1 tablespoon grapeseed or sesame oil

3 tablespoons Liquid Braggs Aminos divided, plus additional to taste

3 large garlic cloves minced (about 1 heaping tablespoon)

1 small bunch green onions finely chopped, divided

1 tablespoon minced fresh ginger

1–2 teaspoons fresh chili paste (sambal oelek) or 1/4–1/2 teaspoon red pepper flakes (if you like a bit of a kick use the full 2 teaspoons chili paste)

10 ounces baby spinach**

2 tablespoons toasted sesame seeds

2 teaspoons sesame oil

For serving:

Check out our Stir Fry Cauliflower rice makes an excellent combo with this dish



Instructions

Drain the tofu. Wrap each block in a double layer of paper towels and pat dry, pressing down on the tofu lightly to squeeze out excess moisture. Cut the tofu into 3/4-inch cubes.

In a large nonstick skillet or wok, heat the canola oil over medium-high heat. Once the oil is hot but not smoking, add the tofu (be careful, as the oil will splatter a little bit) and drizzle with 1 tablespoon soy sauce. Sauté, stirring every minute or so until the tofu is nicely colored on all sides and the moisture has cooked off, about 8 to 10 minutes. Don't feel that you need to stir constantly. Sitting for a while on one side is what will allow the tofu to brown. Add the garlic, roughly two-thirds of the green onion, ginger, chili paste, and the remaining 2 tablespoons liquid aminos. Stir and cook until fragrant, about 1 minute.

Add several large handfuls of spinach, stirring as you go so that it wilts and you can fit more in the pan. Once the first addition has wilted, continue to add and wilt the spinach by handfuls, until all of the spinach is added. It will seem like a ridiculous amount at first but will cook down considerably. Stir in the sesame seeds. Stir in the sesame oil. Remove from the heat. Sprinkle the reserved green onions over the top. Serve hot, with cauliflower rice, noodles, along with a few dashes of additional aminos and chili paste or flakes to taste.

Notes

*Do not use olive oil in stir fries at this high of heat, as its lower smoke point can cause it to burn, imparting an off flavor to the whole dish & its unhealthy to eat.

Refrigerate leftovers for up to 5 days. Reheat gently in the microwave. You can freeze this as well. The vegetables will become fairly soft and a bit mushy, but if that doesn't bother you (it certainly doesn't stop me), freeze away!