

# GLAZED BAKED TOFU

## RECIPE



### Ingredients

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#### Marinade:

- 1 block firm tofu
- 3 tbsp soy sauce
- 1 tsp sweet paprika

#### Glaze:

- 3 garlic cloves, minced
  - 1 tbsp butter
  - 1/2 cup brown sugar
  - 1 tsp dijon mustard
  - 1/2 tsp turmeric
  - 1/2 tsp cinnamon
  - 2 tbsp water
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### Method

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- Pre heat oven to 180c
- Score your tofu with deep cuts. You want to make sure they are deep so that the marinade seeps throughout the cuts.
- Mix together soy sauce and sweet paprika in a bowl. Place the tofu on an oven dish scored side up and pour marinade over the tofu, ensuring to completely cover your tofu (flip it, turn it etc.).
- Pour over any excess marinade and place in the oven for 50 minutes
- Add all the glaze ingredients into a saucepan on a low heat and mix until glaze has begun to thicken up. This process may take 5-10 minutes.
- Pour glaze mixture over the baked tofu and put in the oven for a further 10 mins

