

SILKEN TOFU WITH GARLIC & ONION RECIPE



Ingredients

- 2 tbsp olive oil
- 2/3 cup onion, diced
- 3 garlic cloves, minced
- 1/2 cup spring onion, diced
- 3 tbsp soy sauce
- 300g silken tofu, chilled

OPTIONAL: Garnish with spring onion and sesame seeds

Method

- In a saucepan on medium heat add olive oil, onion, garlic and spring onion. Cook until golden brown.
- Add soy sauce, mix until well combined and take off heat
- Place chilled silken tofu on a plate and pour over sauce. Sprinkle over some more spring onion and sesame seeds.
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