

Sticky Pineapple Tofu



Ingredients

- 450g firm tofu, cubed
- 1/4 cup cornflour
- 1 brown onion, cut into small wedges
- 1 broccoli head, cut into small florets
- 435g can of pineapple pieces (use juice and pieces)
- 1 tsp ginger powder
- 2 garlic cloves, minced
- 2 tbsps maple syrup
- 2 tbsps soy sauce
- 2 tbsps tomato paste
- serve with rice
- Optional: add in a tsp of chilli flakes for a bit of heat!

Method

- Place tofu cubes and cornflour into a large container. Place the lid on the container and lightly shake to coat tofu
- In a fry pan, heat oil on a medium heat. Add tofu and cook until golden.
- Add in brown onion and broccoli, cooking until tender (5 minutes)
- Add in pineapple pieces and cook for a further 2 minutes.
- Stir in pineapple juice, ginger powder, garlic cloves, maple syrup, soy sauce and tomato paste. Cook until the sauce begins to thicken.
- Serve with rice

