

TAMARIND TOFU

Ingredients: Mampster™ Tamarind Sauce 250mL, tofu (firm) 400g, garlic 2 Cloves/10g, fresh red/green chillies 2g, fresh coriander 30g, ginger 5g, lime juice 20mL, canola oil, salt to taste.

Directions: Chop garlic, chillies, coriander and ginger. Combine Tamarind Sauce and all other ingredients in a bowl then mix well. Cube tofu into 1 inch pieces. Place in bowl and let marinade in refrigerator for a minimum of 40 min. Heat oil in pan to med-high (Level 6) and fry the now marinated tofu. Cook each side till golden brown. Serve as a snack or with rice as part of a meal.



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Hint of India.