

Orange Teriyaki Tofu Cutlets



PREP TIME : 5 MIN

COOK TIME : 10 MIN

SERVES : 4

Ingredients :

- ***1 350g cake extra firm tofu***
- ***1/2 cup (125mL) VH[®] Teriyaki Stir-Fry Sauce***
- ***1/2 cup (125mL) VH[®] Orange Ginger Stir-Fry Sauce***
- ***2 cups (500 mL) broccoli florets***
- ***10 ounces (284mL) water chestnuts, drained, sliced***
- ***Black pepper to taste***

Directions :

- 1. Slice tofu lengthwise into 4 even slices to make cutlets.***
- 2. Combine VH[®] Teriyaki Stir-Fry Sauce and VH[®] Orange Ginger Stir-Fry Sauce together in bowl. Pour half the marinade into bottom of 9" x 13"(23 x 33 cm) glass dish.***
- 3. Arrange tofu cutlets over marinade, cover with remainder of marinade, sprinkle with black pepper. Marinate 30 minutes or longer.***



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4. When ready to cook, heat a little oil in a large skillet. Sauté tofu, broccoli and water chestnuts in a little marinade until brown on both sides, 4-5 minutes on each side.

Marinated tofu cutlets with the combined tastes of orange and teriyaki, are lightly fried with water chestnuts for a great tender and crunchy meat alternative dish.