

# Moroccan Spiced Tofu with Chermoula Sauce



*This easy, delicious tofu is perfectly crisp on the outside and soft on the inside. It is tossed in our homemade chermoula sauce that adds a rich depth of flavor.*

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 35 MIN
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## INGREDIENTS

### Tofu:

- 1 package Extra Firm Tofu
- 1 ½ tsp Moroccan Spice Blend (see separate recipe)
- 1 Tbsp Olive Oil

### Chermoula Sauce:

- ¼ cup Olive Oil
- 1 Tbsp Moroccan Spice Blend (see separate recipe)
- 3 Tbsp Cilantro, finely chopped
- 3 Tbsp Parsley, finely chopped
- 2 cloves Garlic, Minced
- 1 each Lemon, zested and juiced (about 2 tablespoons)

## CHEF'S NOTES

Pressing the tofu removes the liquid from the tofu, helping the tofu hold its shape and become crispier when it is cooked.

Tofu acts like a sponge, absorbing the flavors you add to it and allowing for versatility. This recipe utilizes a Moroccan spiced oil blend but could also be prepared with a Creole seasoning blend, taco seasoning, or a curry spice blend.

Pro Tip: Microwaving the oil and spices is a quick way to infuse the oil with a stronger flavor.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Drain the tofu from its package and cut the tofu into rectangle planks about ½ -inch thick.
3. Press the tofu by placing the planks on a paper-towel lined sheet tray and cover with another layer of paper towels. Place an additional tray on top with a heavy object (a large can or heavy skillet) to help squeeze out the excess moisture. Set aside for about 5-10 minutes.
4. While the tofu is pressing, make the sauce by combining ¼ cup olive oil and 1 Tbsp Moroccan spice in a microwave-safe bowl. Microwave for 20 seconds to infuse the oil.
5. Add the chopped cilantro, parsley, garlic, and lemon juice, stirring to combine. Set sauce aside.
6. In a medium bowl, combine the 1½ tsp Moroccan spice blend and 1 Tbsp olive oil, stirring well to blend. Cut the pressed tofu into ½-inch cubes and add to the spiced oil mixture, Use a rubber spatula to gently toss the tofu until it is evenly coated with the spice mixture.

7. Heat a large non-stick sauté pan over medium heat, and once hot, add the cubed tofu to the pan. Reduce the heat to low as to not burn the spices and allow the tofu to gently cook for 4-5 minutes, flipping the tofu occasionally until evenly cooked and golden brown and crisp.
8. Turn off the heat and add the chermoula sauce to the pan, tossing until all the tofu is covered. Serve immediately and enjoy!

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1/2 cup (166g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes <1g Added Sugars	<b>2%</b>
<b>Protein</b> 13g	<b>26%</b>
Vitamin D 0mcg	0%
Calcium 200mg	15%
Iron 3.4mg	20%
Potassium 130mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

CONTAINS: SOY

Moroccan Spiced Tofu adapted from *Health meets Food*, "Moroccan Spiced Tofu"

Chermoula recipe adapted from Lemon Blossoms, "Easy Moroccan Chermoula Sauce".



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