

Pan-Seared Moroccan Spiced Tofu



This easy, delicious tofu is perfectly crisp on the outside and coated with a homemade spice blend that adds a rich depth of flavor. Try pairing this recipe with a side of couscous or quinoa salad and your favorite vegetable.

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

For Moroccan Spiced Oil Blend:

1 tsp	Paprika, regular or smoked
½ tsp	Cumin, ground
¼ tsp	Brown Sugar
¼ tsp	Cardamom
¼ tsp	Ginger, ground
¼ tsp	Salt, Kosher or Sea preferred
1/8 tsp	Allspice, ground
1/8 tsp	Black Pepper, ground
1/8 tsp	Cinnamon, ground
1/8 tsp	Cayenne Pepper
2 tsp	Olive Oil

For Searing the Tofu:

1 package	Firm or Extra Firm Tofu
2 tsp	Olive Oil

CHEF'S NOTES

Pressing the tofu removes the liquid from the tofu and helps tofu hold its shape when it is cooked. This is usually done by placing the tofu between layers of paper towels or dishtowels on a plate, weighed down with objects such as cans of food or a pan.

Tofu acts like a sponge, absorbing the flavors used to prepare it. This allows for versatility of many flavor options when cooking with tofu. This recipe utilizes a Moroccan spiced oil blend, but additionally could be prepared with a creole seasoning blend, taco seasoning, or a curry spice blend.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Drain the tofu from its package and cut the block into plank sized rectangles about 1-inch thick.
3. Press the extra brine from the tofu by placing the planks on a paper-towel lined plate or small sheet tray and cover with another layer of paper towels. Place another plate or tray on top. Move to the side and let sit for about 5-10 minutes, this will allow for a crispier crust when cooking.
4. Meanwhile, in a small bowl, combine all of the seasonings and the 2 tsp of oil, stirring well to blend. Set aside.
5. Place a medium non-stick sauté pan over medium-high heat and once hot, add 1 tsp of oil.
6. Place the pressed tofu planks into pan and allow to sit and cook undisturbed, until a golden crust forms on the bottom side. Flip each piece and allow to sear until golden brown on both sides. Remove to a cutting board.
7. Once cool enough to handle, cut the tofu planks into 1-inch cubes.

8. Cover the tofu pieces with the Moroccan spiced oil blend, and with the pan on low heat, add the cubed tofu back to the pan.
9. Allow the spices to gently cook for about 1-2 minutes, while tossing and stirring constantly. The spices should become toasted and aromatic but not burnt or blackened. Remove from the heat and enjoy!

Nutrition Facts	
4 servings per container	
Serving Size	1/2 cup cooked diced tofu (106 g)
Amount per serving	
Calories	120
% Daily Value *	
Total Fat 9g	12%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 3g	0%
Dietary Fiber less than 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 9g	19%
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0.06mg	0%
Potassium 6mg	0%
*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.	

