

SAUCY STICKY TOFU

Easy Recipe

This authentic Chinese tofu recipe is like a flavour explosion! The tofu is covered in a yummy sticky sauce that is super easy to make! Serve it with rice and the Cucumber Smash Salad (page 142) for a complete meal.

PREP TIME:

5 minutes

COOKING TIME:

10 minutes

AMOUNT RECIPE MAKES:

4 servings

SKILLS USED:

Measuring, cutting, mixing/stirring, whisking, cooking on the stove

[Adapted from Shuangy's Kitchen Sink](#)

Nutrition Nuggets: Tofu is a tasty vegetarian protein food! Protein is like the builder for our bodies. It helps us grow and repair our muscles, bones, and skin.

Leftover Love: You can save leftovers from this recipe in the fridge for three days, or freeze it for later! Just put it in a freezer-safe bag or container and put it in the freezer. But remember, when tofu is frozen, its texture changes a bit. It still tastes great, just a little different than when you first made it.

Food for Thought: When tofu gets frozen and then thawed, it changes texture! The water inside freezes, making little ice pockets. When it thaws, it turns spongy and absorbs flavours even better when you are using it in a recipe.

EQUIPMENT:

- Stove
- Large pot
- Measuring cups and spoons
- Knife
- Cutting board
- Small bowl
- Spoon for mixing/stirring

INGREDIENTS:

- 1 block of firm tofu
- 1 tablespoon vegetable oil
- 1 stalk of green onion chopped, white and green part divided
- 2 tablespoons soy sauce
- 1/2 tablespoon sugar, optional
- 1/2 tablespoon oyster sauce, optional
- 1 cup + 2 tablespoons water
- 1 tablespoon cornstarch
- Cilantro, chopped
- Cooked rice, for serving (*optional*)

DIRECTIONS:

1. In a large pot, over high heat, heat vegetable oil.
2. Add the white parts of the green onion. Sauté until it smells good (around 30 – 45 seconds).
3. Turn the heat to medium.
4. Add soy sauce, sugar (*optional*), oyster sauce (*optional*), and 1 cup of water. Bring this to a boil.
5. Cut the tofu into 1-inch cubes. Add to the boiling sauce.
6. Lower the heat to medium-low, close the lid, and cook for 10 minutes.
7. Mix the cornstarch with 2 tablespoons of water in a small bowl with a whisk and pour into the tofu mixture.
8. Gently stir to mix the starch into the tofu.
9. Cook for 1 – 2 minutes or until the sauce becomes sticky to preferred consistency.
10. Stir in the green part of scallion and cilantro and serve.