

## **Soy-Glazed Tofu**

### **Ingredients:**

- 125g firm tofu, frozen and thawed
- 2 tablespoons soy sauce
- 1 teaspoon maple syrup, agave, or honey
- 1 teaspoon vegetable oil
- 1 teaspoon cornflour

### **Directions:**

1. Slice the tofu into strips.
2. Grease the skillet with cooking oil spray. Add the tofu. Cook for 10 minutes, turning after 5 minutes. Adjust the stove heat as needed to prevent burning.
3. Meanwhile, in a small dish whisk together the soy sauce, maple syrup, oil and cornflour. If the cornflour doesn't dissolve easily, microwave the mixture for 10-20 seconds, and whisk again.
4. Add the soy sauce mixture to the tofu. Cook the tofu for 2-5 more minutes, gently stirring to coat. When ready, the tofu should be well-coated, and the sauce should be thick and no longer watery.
5. Transfer the tofu to a dish or plate. Cool completely before using in sushi rolls.