

6g ⌚ 30 m | Easy

Crispy tofu sticks with green bean fries and chipotle mayo

It's vegan. It's keto. It's fast. What more could you want? Spice? Oh, we've got that too. Crispy tofu is pan-fried to perfection and served with green bean fries and chipotle mayo to make it *picante*. Got vegan guests? They'll be impressed!



2 Servings

Instructions

Ingredients

Crispy tofu sticks

14 oz. firm tofu
1 tbsp coconut oil
salt to taste (adjust depending on which other flavorings you are adding)
1 tbsp tamari soy sauce
1 tsp desired seasoning such as chili powder or taco seasoning (optional)

Green bean fries

6 oz. fresh green beans or wax beans
2 tbsp light olive oil or coconut oil (flavorless)
salt to taste

Chipotle mayo

¼ cup (2 oz.) vegan mayonnaise
1 tsp tomato paste
½ tsp chipotle powder
salt and ground black pepper to taste

Crispy tofu sticks

- ① Preheat the oven to 400°F (200°C).
- ② Slice the tofu into sticks, about 0.5" (1 cm). Distribute the tofu on a clean, absorbent kitchen towel or paper towels. Pat dry to remove excess moisture; this step is key for crispiness.
- ③ Add the coconut oil to an oven-safe skillet over medium-high heat. Alternatively, use a regular frying pan and prepare a baking tray with parchment paper.
- ④ When the oil is hot, add the tofu and salt. Fry for a couple of minutes or until the tofu is lightly golden. Add the tamari soy sauce and seasonings of your choice. Stir the tofu, mixing well.
- ⑤ Transfer the skillet with the tofu to the oven, or transfer the tofu to the parchment-lined baking tray and then put it in the oven. Bake for 15 minutes or until the tofu is crispy.

Green bean fries

- ⑥ Wash and trim the green beans. Pat them dry with a paper towel (to avoid oil splatters).
- ⑦ Heat a large skillet with oil over medium-high heat.

- 8 Add the green beans to the pan and fry for about 5 minutes. They should retain their fresh, natural crunch!
 - 9 Place the green beans on a plate with a paper towel to absorb any excess oil. Season with salt before serving.
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Chipotle mayo

- 10 Mix the mayonnaise, tomato paste, and chipotle powder in a small bowl. Add additional seasoning to taste — more chipotle means a spicier sauce.
- 11 Serve right away or let sit in the fridge for 30 minutes or more to allow the flavors to develop.