



# 10 Best Terrific Tofu Dishes



# 1. Vegan Tofu Scramble

We recalls eating scrambled eggs virtually every morning. She wanted to be able to replicate those creamy and cheesy scrambles with vegan components when she became vegan. Nutritional yeast imparts a rich, nutty “cheesy” flavor, while oat milk lends a creamy texture to this omelette.

# 2. Tofu Pad Thai



Mushrooms absorb a richly savory blend of broad bean paste and mushroom seasoning, two umami-rich ingredients that rapidly impart the flavor of long-cooked meat. This moderately spicy dish is rounded out by a dash of sugar, which complements the peppercorns and fresh ginger.

## 4. Crispy Tofu Steaks



To prepare this dish, nanko-coated tofu slabs are pan-fried until their exteriors





Tofu's flavor is greatly enhanced by chile spices. Use the same weight of tofu to create a more substantial and spicy chili. Since it is not packaged in water, add up to one additional cup of water.

## 7. Veggie Burgers with tofu

Vegan chef is renowned for her succulently seared vegetable patties. We substitutes silken-tofu mayonnaise for mayonnaise to create a vegan version, ✕



In this breakfast dish inspired by Indian anda bhurji, firm-to-medium tofu has just enough moisture to disintegrate into an egg-like consistency. The slightly crimson (black salt) imparts egg and tastes to this dish.

## 9. Sheet-Pan Tofu with Broccolini

In this simple sheet-pan a citrus-soy marinade gives the roasted tofu a zesty flavor. Spreading the tofu and vegetables across two baking trays prevents

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In a large skillet, bring 1/4 inch of oil to a shimmering temperature. Add the tofu and cook over moderate heat, rotating once, for approximately 8 minutes per side, until browned and crisp. Using paper towels for drainage. Toss the fried tofu with the sauce and sliced scallions. Accompany with steamed rice.

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