



Tofu Nuggets In BBQ Sauce Recipe

Preparation Time	10
Cooking Time	23
Serving Size	4

Ingredients:

- 300 g tofu, cut into 1-inch cubes
- 1 cup all-purpose flour
- 2 pc egg, beaten
- 2 cup bread crumbs, Japanese
- 2 cup oil, for deep-frying

- 2 Tbsp oil
- 1/4 cup onion, chopped
- 1/4 cup bell pepper, green, cut into cubes
- 1/4 cup bell pepper, red, cut into cubes
- 1 pouch DEL MONTE Pineapple Tidbits (115g), drained, reserve syrup

- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 1 Tbsp cornstarch, dissolved in 1 Tbsp water

Preparation:

1. Coat tofu cubes in flour then dip in beaten eggs. Dip in bread crumbs.
2. Fry the coated tofu in hot oil until golden brown. Set aside to drain on a tray lined with paper towels to remove excess oil.
3. In a separate pan, heat oil. Sauté the onions, green and red bell peppers and DEL MONTE Pineapple Tidbits then set aside.
4. Add the DEL MONTE Quick 'n Easy Barbecue Marinade, reserved pineapple syrup, and cornstarch mixture.
5. Cook until thickened. Toss in the cooked tofu. Serve.

Chef's Tip

To add texture to the tofu, use Japanese bread crumbs instead of ordinary bread crumbs. Japanese bread crumbs are coarser which will contrast nicely against the silken tofu.

Lusog Notes

Did you know that tofu can be your low-cost, healthy alternative to meat? This dish also contains iron that is needed for normal metabolism and in making red blood cells that carry oxygen around the body.

Cooking Skills Needed

- Frying
- Dredging

Cooking Tools

- Chopping Board

- Measuring Cups
- Measuring Spoon
- Spatula

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