

Turmeric Black Pepper Tofu with Asparagus

20 minutes

Recipe by Ali Sialge



Ingredients

1 lb asparagus
1 block tofu
Tofu coating (1 tsp turmeric, 2 tbsp
Flour)

1 lime
Sauce (3 tbsp honey, 1/2 tsp
black pepper, 1/2 tsp salt
High heat oil (canola or
coconut)
Salt and pepper



Instructions

1. Squeeze excess water from tofu, cut into 1" cubes and set aside.
2. In a small bowl or measuring cup, stir together ¼ cup water with the honey mixture and set honey mixture aside.
3. In a medium bowl, stir together the flour, turmeric and 1 teaspoon salt. Add the tofu and toss until coated.
4. Trim asparagus and thinly slice on the diagonal.
5. In a medium (10-inch) nonstick skillet, heat the oil over medium-high. Add the tofu and cook until the turmeric is fragrant and the tofu is golden brown on both sides, 2 to 3 minutes per side. Add the asparagus, season with salt, stir to combine and cook until crisp-tender, 1 to 2 minutes.
6. Add the honey mixture and cook, stirring, until the sauce has thickened, 2 to 3 minutes.
7. Remove from heat. Season to taste with salt and pepper. Serve with lime squeezed over top.