



This week I would like to introduce a Nigari Momen Steak. This dish is perfect for a dinner. It warms and fills your stomach, but it super light, so that you won't have any digesting problems at night. Our super healthy version comes with green beans and has about 200 kcal, but French Fries are a great company too. Let's rediscover the Tofu!

Time: 20 - 25 min

Serves: 2 people

Ingredients:

- Somenoya Nigari Momen Tofu (1 pack)
- Soy Sauce (5 tablespoons)
- Balsamico di Modena (1 tablespoon)
- Paprika Powder (2 teaspoons)
- Black Sesame (to taste)

- Serve with green beans or French Fries



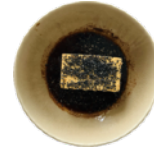
Recipe:

1. Start with pressing the Tofu to make it extra firm. (about 10min)

2. In a bowl mix the soy sauce, Balsamico di Modena and paprika powder.



3. Cut the Tofu in half and marinate, (sprinkle with black sesame) leave it to absorb the marinate for about 5 min.



4. Preheat the grill pan, it has to be hot, otherwise the tofu will stick to the pan.

5. Grill the tofu on both sides.



Enjoy the Tofu!

