

Spicy Cajun Tofu Sticks

with Warm Sticky Maple Syrup Apples

Prep Time: 5-10 minutes

Cook Time: 10 minutes

1 (227 g) **Ontario Natural Tofu** package
2 tsp of smokey chipotle pepper paste
1 Granny Smith apple
1 McIntosh apple
1 cup crushed crackers
2-3 tsp Cajun spice
¼-½ cup maple syrup
2 Tbsp honey
1 large egg
Sunflower oil
Sea salt

PREPARATION

Slice the **Ontario Natural Tofu** in half and then slice into ½ inch sticks. Dip the two opposing sides of the tofu into the Cajun spices and chipotle pepper paste. Dip the alternate sides into the egg wash and then into the crushed crackers. Each tofu stick will have 2 facings/sides of each coating; alternating. Finish coating & dipping all of the tofu sticks before frying them.

Add sunflower oil to frying pan and heat frying pan to medium. Fry the tofu, placing them cracker sides down first, then rotate to the other two sides. Set aside on a paper towel.

STICKY MAPLE SYRUP APPLES

Core and cut apples into chunks, leaving the skin on. Heat the frying pan to high, drizzle in sunflower oil and add apples. Fry for a few minutes. Add honey and maple syrup, and reduce for a few minutes until it starts to bubble and thicken. Season with sea salt to taste. Turn off and set aside to cool.

ASSEMBLY

Place tofu sticks on plate and top with apples. Spoon sauce from pan on top.



Recipe and food styling by
Stacey Fokas, Freshalicious.



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