

Blackened Tofu with Smokey Mango Salsa

- 1 Block Super OR Extra Firm Tofu
- 1/3 C Vegan Mayo
- 1 1/2 C Flour (use Unbleached!)
- 5 Tbsp Blackened Seasoning (use your own or see seasoning recipe below.)
- 2 Tbsp High Heat Cooking Oil (Coconut works well)
- Smokey Mango Salsa (see recipe below)

If using Super Firm Tofu, you won't need to drain. If using extra-firm tofu, drain, wrap in a clean dish towel and put a cast iron skillet of something else heavy on top to press out excess moisture. You can make the smokey-mango salsa while you wait.

Slice the tofu into 4-6 even slabs. Mix flour and blackened seasoning in a shallow dish. Heat oil in skillet to medium/high heat. Coat each slab of tofu in vegan mayo and then in the flour mixture. Lightly pan fry until golden brown (about 5 minutes per side). Alternatively, you can bake in a preheated 375° oven for 8-10 minutes per side depending on thickness of slabs. This does create a chewier texture and after some taste tests, we definitely preferred the pan fried method. Remove each slab to a paper-towel lined plate to 'drain' for a few minutes. Top with smokey mango-salsa. 😊

Blackened Seasoning

- 2 tsp Smoked Paprika
- 3 tsp Thyme
- 2 tsp Onion Powder
- 2 tsp Garlic Powder
- 2 tsp Organic Sugar
- 1 1/2 tsp Salt
- 1 1/2 tsp Black Pepper
- 1 tsp Cayenne (or more to taste)
- 1 tsp Oregano

Put all ingredients in small glass jar, seal and shake it up!

Smokey Mango Salsa Ingredients

- 1 Mango, peeled and diced
- 1 Medium Tomato, diced
- 1 Chipotle in Adobo Sauce, minced
- 1/4 C Red Onion
- 1/3 C Cilantro, coarsely chopped
- 1/4 C Red Bell Pepper, diced (optional)

Mix all salsa ingredients together.

