



Garlic Tofu Stir Fry

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
3-4 People	10 MIN	15 MIN		10

Garlic tofu stir fry is a quick and flavorful vegan dish made with crispy tofu, fresh garlic, and a savory sauce. The tofu absorbs the garlic flavor while staying crispy on the outside and soft on the inside. This easy recipe is perfect for healthy meals and comes together in under 30 minutes. It's a great plant-based option that's both satisfying and packed with flavor.

Ingredients

- 14 oz firm tofu, cubed
- 4-5 garlic cloves, minced
- 2 tablespoons oil
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon cornstarch (*optional, for crispiness*)
- Salt and pepper to taste
- 2 tablespoons green onions

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 15 minutes
- Total Time: 25 minutes
- Servings: 3-4
- Course: Main Dish
- Cuisine: Asian-inspired

Cooking Method

Instructions

1. Pat tofu dry and cut into cubes.
2. Toss with cornstarch if using.
3. Heat oil in a pan over medium-high heat.
4. Add tofu and cook until golden and crispy on all sides.
5. Remove tofu and set aside.
6. In the same pan, add garlic and sauté for **1 minute**.
7. Add soy sauce and sesame oil.
8. Return tofu to the pan and toss well.

9. Garnish with green onions and serve.

Cooking Tips

- Use firm tofu for best texture
- Pat tofu dry for crispiness
- Cook on high heat for better results

Variations

- Add vegetables like broccoli or bell peppers
- Add chili sauce for spice
- Use garlic chili oil for extra flavor
- Add noodles or rice

What to Serve with Garlic Tofu Stir Fry

- Rice or quinoa
- Noodles
- Stir-fried vegetables

- Asian-style sides

Storage

Store in an airtight container in the refrigerator for up to **3 days**.

Reheating

Reheat in a pan for best texture.

Frequently Asked Questions

How do I make tofu crispy?

Use cornstarch and cook on high heat.

Can I bake tofu instead?

Yes, bake at 400°F (200°C) until crispy.

Is this recipe vegan?

Yes, it's fully plant-based.

Recipe Author

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Generated on: Jul 11, 2026 02:53

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