

Zucchini noodles and Teriyaki tofu

Ingredients:

4 zucchini
1 garlic clove
3 tablespoon olive oil
1 package of firm tofu
½ cup of Soyaki sauce

Directions:

Wrap tofu in paper towels to soak up the excess water. (If you skip this step the tofu will not get crispy)

Spiralize zucchini into desired width noodles

Saute the garlic with and olive oil in saucepan, add noodles cook on medium heat for 5-7 minutes.

Remove noodles from the pan and set aside.

Slice tofu into squares.

Add two tablespoons olive oil to the pan on high heat.

Add the tofu.

Saute on medium heat for 5 minutes. Add Soyaki sauce, cook for 1-2 more minutes.

Set the tofu on top of the zoodles.

Enjoy.