

WAYS TO PREPARE AND EAT TOFU

1

Raw: It is safe to eat tofu raw. Drain excess liquid, cut into cubes and add it to salads, wraps or smoothies.

TRY ME!



2

Bake it: A hot oven for 25-30 minutes until golden brown.

5

Grill: Grill for a smoky flavour.

4

Scramble it: Crumble tofu into a pan and fry for a breakfast scramble.

3

Fry it: You can fry in oil, add to your favourite stirfry or place in the airfryer.

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