

# Fennel 'Sausage' Tofu

*Swick*

Makes 2 cups | Active Time: 15 minutes | Total Time: 15 minutes

## Step 1: Preparing Your Mise en Place

- 1-350 gr pkg extra-firm tofu
- 1 to 1 1/2 tsp fennel seeds
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprike\*
- 1/2 tsp turmeric
- 1/4 to 1/2 tsp cayenne pepper
- 1/2 tsp sea salt, or to taste
- 1/2 tsp freshly ground black pepper, or to taste

To start, break up the tofu into bite-sized pieces.

Next, gather the spices. Note: We used half regular and half hot smoked paprika, but either or will do, it just depends on the level of heat and smokiness that you are looking for.

## Step 2: Cooking the Tofu 'Sausage'

- 2 tbsp oil, for cooking (such as avocado oil)

To prepare the tofu, heat a large frypan over medium-high heat and then add the oil. Immediately add the fennel seeds and let cook for about 10 seconds, and then add the tofu.

Let cook for a minute or two and then toss and continue to cook the tofu until it is crispy and golden on the outside.

At this point, add the spices and gently toss to combine. Lastly, taste for seasoning, adding more seasoning as desired.

Serve as a side protein or use it as a topping for things like pizzas and salads.