

CORN FLAKE BREADED TOFU STICKS

Ingredients (For 4 people)

- 200 g basil-flavoured tofu
- 2 tsp mild paprika
- 2 eggs
- 50 g corn flakes
- 50 g wheat flour
- Sunflower oil
- Salt and pepper

Preparation:

Rinse and drain the tofu. Cut it into slices. Season with mild paprika and salt.

Beat the eggs and season. Prepare a bowl of flour and another bowl of corn flakes.

Dip each tofu stick into the flour, then the eggs, and then the corn flakes.

Heat the oil in a frying pan and fry the sticks on every side over medium heat.

Serve hot accompanied with sweet-and-sour sauce.

