

**VIV
ERA**

How to tofu



**EAT OPEN
MINDED**

What is tofu?

Tofu is a plant-based food made by curdling soy milk and pressing it into solid blocks. Mild in flavour with a smooth texture, it's celebrated for its versatility and nutritional value.

Rich in protein and low in saturated fat, tofu readily absorbs marinades, spices, and sauces, making it a staple in a wide variety of dishes. From stir-fries and curries to salads, scrambles, and even desserts.

Originating in ancient China, tofu has long been a key ingredient in East Asian cuisine, eventually spreading to countries such as Japan, Korea, and Vietnam. Since the 1970s, it

has also gained popularity in the West, especially among vegetarians and vegans seeking a nutritious alternative to meat. Today, tofu is widely recognised as a sustainable, protein-rich option for those looking to embrace a more plant-based lifestyle.

Tofu is an easy and natural way to incorporate protein into your meals!

Our tofu is crafted from high-quality European soybeans using a process similar to traditional cheese-making. While rennet is added to milk to create cheese, tofu is made by turning soybeans into soy milk, then adding calcium sulphate – a natural mineral – to gently set it into a firm block.



**ABSORBS
MARINADE**



in 5 min



**HIGH IN
PROTEIN**

**EASY
DUO PACK!**



**TESTED BEST
IN TASTE***



ORGANIC

*Tested in independant taste study, conducted in May 2025.

PRE-FROZEN TO ABSORB FLAVOUR

ABSORBS MARINADES IN 5 MIN



Tiny air bubbles
created by our
freezing process...
ready to trap flavour



How to tofu?

Tofu is incredibly versatile, think of it as a blank canvas for flavour. Whether you're making a sizzling stir-fry, a creamy curry, or crispy Tofu bites, the secret to delicious tofu lies in how you prepare it.

Before you get cooking, let's explore some different preparation techniques. From pressing and marinating to frying and grilling. With the right method, tofu goes from 'bland' to brilliant.

Marinating Tofu

For maximum flavor
Since tofu has a mild, neutral taste on its own, marinating is the ideal way to make it extra flavorful. With our Quick Marinating Firm Tofu, you'll quickly achieve the best results, as this variety absorbs flavors excellently.

Pan-frying Tofu

Cut our Quick Marinating Firm Tofu into cubes and fry them in a hot pan with a little oil. For the best flavor, fry the marinated tofu until golden brown on all sides. You can add some extra marinade during cooking for additional caramelization.



Stir-frying Tofu

Our Quick Marinating Firm Tofu works wonderfully in wok dishes! First, fry the tofu separately until it has a crispy layer, then add it to your wok dish with vegetables, rice, or noodles.

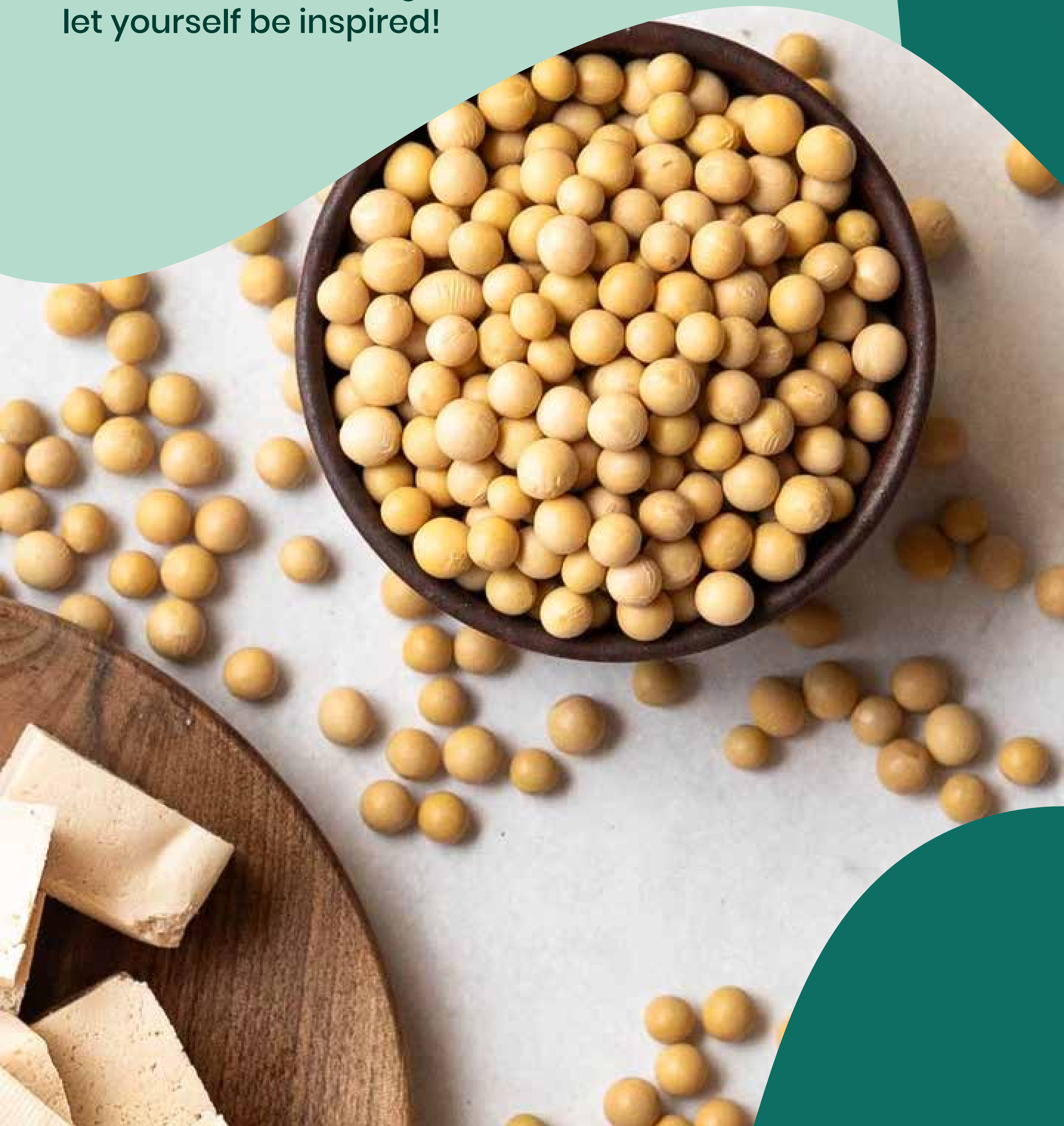
Grilling Tofu

Want to make a delicious grilled dish? Marinate slices of Quick Marinating Firm Tofu and grill them in a grill pan or on the barbecue. This gives you that distinctive smoky flavor and beautiful grill marks!

With our Quick Marinating Firm Tofu, you can go in any direction, whether you want to make a quick weekday meal or an elaborate dinner. So get started and let yourself be inspired!

Crispy Tofu

For extra crispy tofu, you can coat the Quick Marinating Firm Tofu cubes in cornstarch or soy milk with bread-crumbs. Then bake them in the oven, air fryer, or frying pan until they're nice and crispy.



Tasty Recipes



SESAME GOCHUJANG TOFU WITH ASIAN SLAW

👤 Serves 2

🕒 12-15 minutes

Tip!

Serve for a colourful supper, then pack the rest up in a lunch box ready for lunch the next day. It tastes delicious hot or cold.



INGREDIENTS

- 1 pouch (200g) Vivera Tofu
- 2 tbsp Gochujang paste
- 1 tbsp dark soy sauce
- 3 tbsp black and white sesame seeds
- 1 lime, zest and juice
- 175g shredded red and white cabbage
- 75g carrots, grated
- 4 spring onions, sliced
- pinch of sugar to taste



PREPARATION

Step 1

Remove the tofu from the pack and pat dry on kitchen paper. Mix the gochujang paste and soy sauce together in a large shallow bowl, place the sesame seeds in another.

Step 2

Cut the tofu lengthways into 1cm wide slices. Dip each in the paste mix turning to coat, then the sesame seeds til covered on all sides. Transfer to the cooking trivet of an air-fryer and cook at 190°C for 8-10 minutes, turning until golden on all sides.

Step 3

Whilst they cook, add the lime zest and juice to the marinade, along with the shredded cabbage, carrot and spring onion and mix everything together. Add a pinch or two of sugar to taste.

Step 4

Serve the asian slaw alongside the crunchy tofu – serve hot or cold.

STICKY SZECHUAN TOFU WITH PAK CHOY

👤 Serves 2

🕒 11 minutes



Winner!

A real winner dinner – easy to put together in under ten minutes, this Asian inspired recipe pairs classic flavour notes – sweet, salty and spice irresistible!

INGREDIENTS

- 1 pouch (200g) Vivera Tofu
- 2cm piece root ginger, peeled
- 1 large clove garlic
- 1/2 tsp dried chilli flakes
- 2 tbsp dark soy sauce
- 2 tbsp rice wine
- 2 tsp dark brown sugar
- 2 tbsp oil
- 250g pak choy
- 4 spring onions

PREPARATION

- Step 1** Remove the tofu from the pack and pat dry on kitchen paper. In a bowl finely grate the ginger and garlic, add the chilli, soy, wine and sugar and mix well.
- Step 2** Cut the tofu into 2cm cubes and stir into the marinade, leave for 5 minutes. Meanwhile, trim the pak choy and onions, then slice ready to stir fry.
- Step 3** Heat a wok, when hot add the half the oil, stir fry the pak choy and onions for 2 minutes or until just soft. Tip onto a plate and set aside.
- Step 4** Use a slotted spoon to lift the tofu from the marinade, then add it to the wok, with the remaining oil. Stir fry for 3 minutes, stirring until it is brown and crisp on all sides.
- Step 5** Add the vegetables and remaining marinade and stir fry for a further minute. Serve alongside with steamed rice.



TANDOORI TOFU SKEWERS

👤 Serves 2

🕒 11 minutes

optional!
Use dairy or plant-based yogurt in this recipe, it tastes great either way.

INGREDIENTS

- 1 pouch (200g) Vivera Tofu
- 2cm root ginger, peeled
- 2 tbsp natural yogurt (plant-based or dairy)
- 1 tbsp tandoori or tikka curry paste
- 125g cucumber
- 1 tomato, diced
- 1 small red onion, sliced
- 1/2 lime, zest and juice
- 2 tbsp chopped fresh coriander

PREPARATION

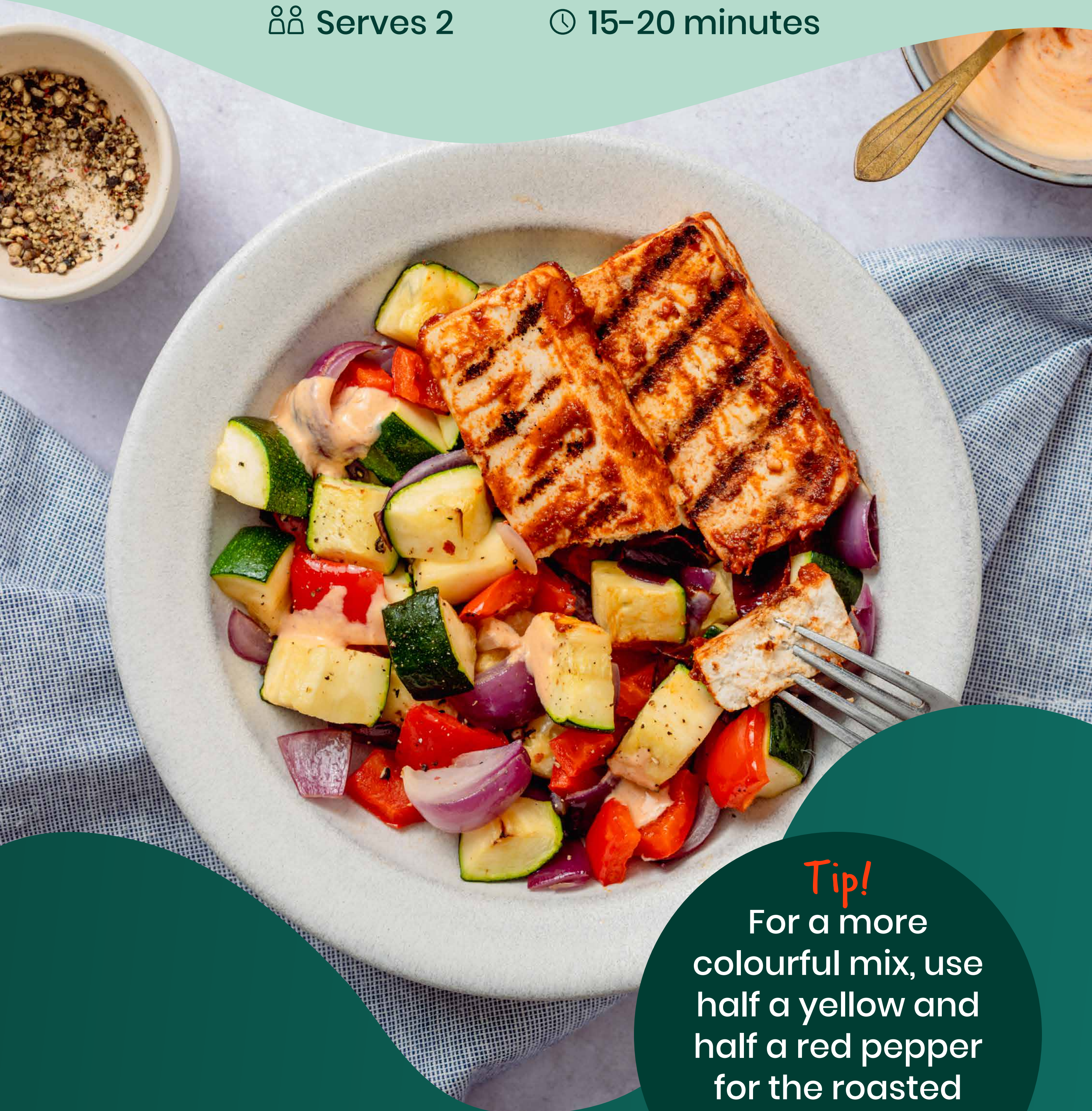
- Step 1** Remove the tofu from the pack and pat dry on kitchen paper. Soak 4 bamboo skewers in cold water.
- Step 2** In a wide bowl, finely grate the ginger add the yogurt and tandoori or tikka paste; mix well. Cut the tofu into 2cm cubes and stir into the marinade, leave for 5 minutes.
- Step 3** Meanwhile, halve the cucumber down the middle, scrape out the seeds with a teaspoon and discard. Coarsely grate the cucumber and place in a bowl.
- Step 4** Stir in the tomatoes and onions, then add the lime zest and juice and coriander. Season to taste.
- Step 5** Thread the marinated tofu cubes onto the soaked skewers and cook in a preheated air-fryer at 200°C for 8 minutes. Alternatively cook the skewers under a hot grill or on the barbecue for 10-12 minutes, turning occasionally.
- Step 6** Serve the skewers with the salad, flat bread and more yogurt if liked.



HARISSA TOFU WITH ROASTED VEGETABLES AND TAHINI SAUCE

👤 Serves 2

🕒 15-20 minutes



Tip!

For a more colourful mix, use half a yellow and half a red pepper for the roasted vegetables. Serve with flatbreads.

INGREDIENTS

- 1 pouch (200g) Vivera Tofu
- 1 tbsp harissa paste
- 1 red pepper, deseeded
- 1 courgette, trimmed
- 1 red onion, peeled
- 1 tbsp olive oil
- 1 tbsp tahini
- 4 tbsp natural (plant-based) yogurt

PREPARATION

Step 1

Remove the tofu from the pack and pat dry on kitchen paper. Cut the block of tofu into 4 slices, place in a shallow bowl. Add the harissa and turn to coat, marinate for 5 minutes.

Step 2

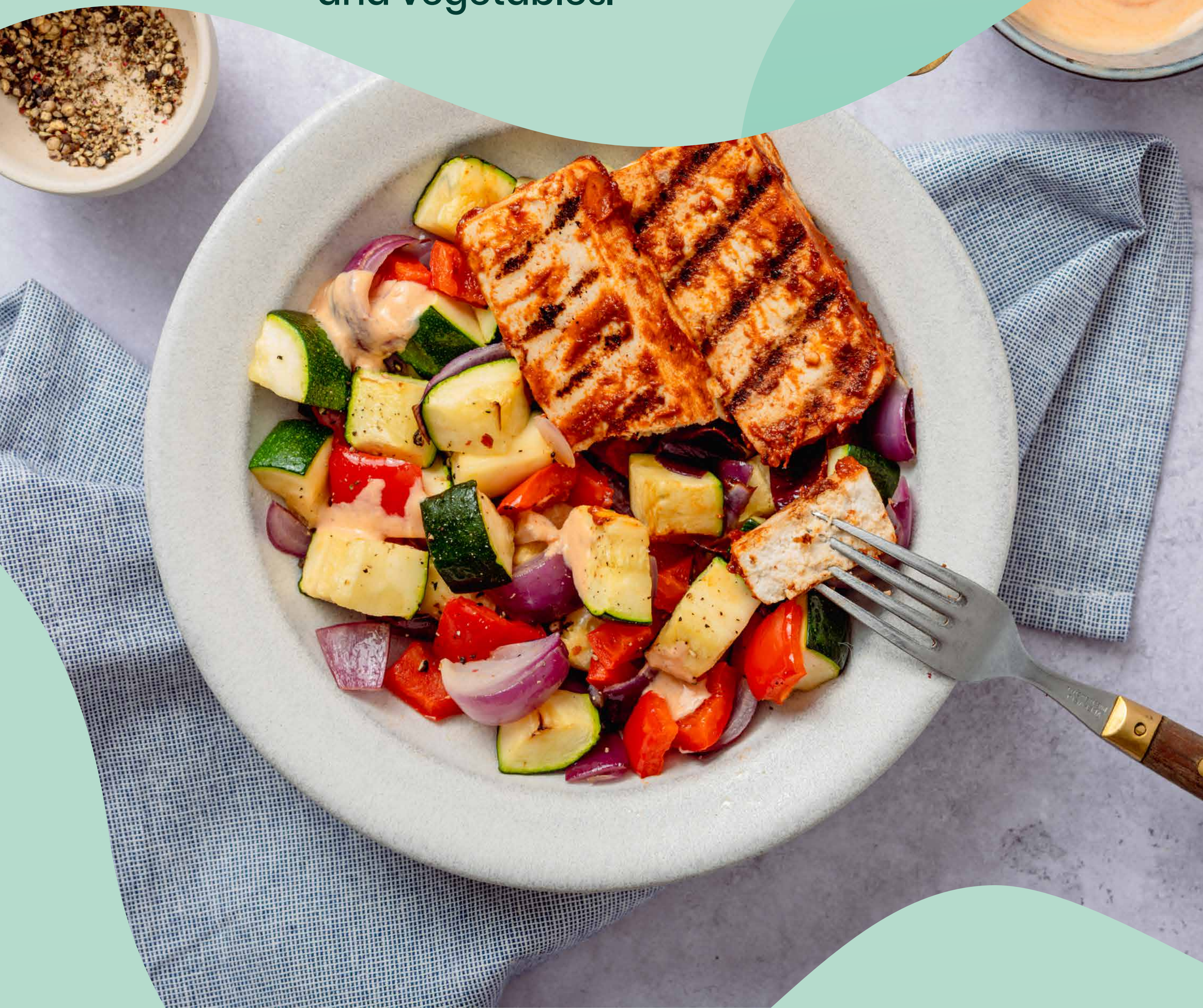
Cut the peppers, courgettes and onion into 2cm chunks, place in a bowl, add the oil and seasoning and stir to coat. Cook in a preheated air fryer at 190°C for 8-10 minutes until charred. Alternatively pop on a tray under a hot grill for the same time.

Step 3

Heat a griddle pan until hot, add the marinated tofu and cook for 4-5 minutes, turning once until griddled on both sides.

Step 4

Add the tahini and yogurt to the harissa bowl and mix well, spoon into a small bowl and serve alongside the tofu and vegetables.



TOFU TIKKA MASALA

👤 Serves 2

🕒 15-20 minutes



INGREDIENTS

- 1 pouch (200g) Vivera Tofu
- 3 tbsp tikka or madras curry paste
- 1 tsp cornflour
- 2 tbsp oil
- 1 large onion, chopped
- 2cm root ginger, grated
- 1 can chopped tomatoes
- 25g cream coconut, chopped
- squeeze of lemon or lime
- 3 tbsp chopped fresh coriander

Tip!
Using kitchen cupboard favourites, this makes a nutritious midweek supper. Serve with rice or naan bread.



PREPERATION

- Step 1** Remove the tofu from the pack and pat dry on kitchen paper; cut into 24 rectangular pieces each 3 x 1.5cm. Mix the tikka paste and cornflour in a shallow bowl, add the tofu and turn to coat, marinate for 5 minutes.
- Step 2** Lift the tofu (reserve the paste) and place on the trivet of an air fryer; cook at 190°C for 8-10 minutes until golden on all sides. Or pop under a hot grill for 8-10 minutes, turning occasionally.
- Step 3** Meanwhile heat a wok or frying pan, add the oil and onions and sauté for 5 minutes until soft. Scrape any remaining tikka paste into the pan along with the ginger, tomatoes and coconut.
- Step 4** Add 200ml water, and bring to the boil, stirring. Then simmer for 6 minutes until the sauce thickens.
- Step 5** Stir the cooked tofu into the masala sauce, add the lemon or lime juice, seasoning to taste and finally the coriander. Serve with rice.

ASIAN NOODLE SALAD WITH BREADED TOFU

👤👤👤👤 Serves 4

🕒 55 minutes

optional toppings!

1 tbsp
sesame seeds
1 lime



INGREDIENTS

- 400g Vivera Quick Marinating Firm Tofu
- 2 carrots, julienned
- ½ cucumber, cut into thin strips
- 200g panko breadcrumbs
- 100ml (plant-based) milk
- 50g cornflour
- 1 tbsp sesame oil
- 1 tbsp soy sauce
- 100g rice noodles
- 10g fresh coriander
- sunflower oil, for frying

INGREDIENTS PEANUT SAUCE

- 2 tbsp peanut butter
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 tsp agave syrup



PREPERATION

- Step 1** Gently press the tofu to remove excess moisture. Cut into cubes of around 4cm. Thanks to its pre-frozen texture, it's especially firm and perfect for breading.
- Step 2** Set out three separate bowls: one each for the cornflour, milk, and panko breadcrumbs.
- Step 3** Coat each tofu cube in the cornflour, then dip in the milk, and finally roll in the panko until fully covered.
- Step 4** Heat sunflower oil in a heavy-based frying pan over medium heat. Fry the tofu for 8–10 minutes, turning occasionally, until golden and crisp on all sides.
- Step 5** While the tofu cooks, prepare the peanut sauce. Add the peanut butter, soy sauce, sesame oil and agave syrup to a small saucepan along with 100ml of water. Stir over medium heat until you have a smooth, thick sauce.
- Step 6** Cook the noodles according to the packet instructions.
- Step 7** Divide the cooked noodles, carrot, and cucumber between serving bowls. Drizzle with a tablespoon of sesame oil.
- Step 8** Top each bowl with the crispy tofu. Garnish with fresh coriander and, if using, sesame seeds and a squeeze of lime. Serve straight away.

CREAMY TOFU LASAGNA WITH SPINACH

👤👤👤👤 Serves 4

🕒 60 minutes



INGREDIENTS

- 400g Vivera Quick Marinating Firm Tofu
- 250g fresh lasagna sheets
- 400g basil passata
- 1 lemon, juice and zest
- 1 white onion, thinly sliced into half rings
- 1 garlic clove, finely chopped
- 400g fresh spinach
- 200g grated (plant-based) cheese
- olive oil
- salt and pepper



PREPERATION

- Step 1** Preheat the oven to 180°C (fan).
- Step 2** Drain the tofu and cut into large chunks. Thanks to its pre-frozen texture, it's perfect for soaking up flavour.
- Step 3** Add the tofu, grated cheese, lemon juice and zest to a blender or food processor. Blend until smooth and creamy. Season with salt and pepper.
- Step 4** In a large frying pan, heat a little olive oil over medium heat. Sauté the onion and garlic for around 5 minutes, until soft and translucent.
- Step 5** Add the spinach and cook for another 5 minutes, until wilted and most of the liquid has evaporated. Season to taste.
- Step 6** Stir the spinach mixture into the tofu-cheese blend until fully combined.
- Step 7** Time to layer up: In a baking dish, start with a spoonful of passata, then a layer of the spinach-tofu mixture, followed by lasagna sheets. Repeat until you've used everything, finishing with a final layer of the spinach mix on top.
- Step 8** Bake in the preheated oven for 35–40 minutes, or until golden and bubbling. Serve hot.

CRISPY SPICY PEANUT TOFU WITH NOODLES

👤 Serves 2

🕒 20 minutes



INGREDIENTS

- 400g Vivera Firm Tofu
- 150g brown rice noodles
- 250g tenderstem broccoli, sliced
- 1 red pointed pepper, cut into strips
- 1 tbsp peanut butter
- 1 tsp red chilli paste
- 1 tbsp sweet soy sauce
- 1 tbsp ginger syrup (or maple syrup)



PREPERATION

- Step 1** Gently press the tofu to remove excess moisture, then take it out of the packaging and cut into small cubes.
- Step 2** In a bowl, mix the peanut butter, chilli paste, sweet soy sauce and ginger syrup to make a marinade. Add the tofu cubes and leave to marinate for about 5 minutes.
- Step 3** Cook the rice noodles according to the instructions on the packet.
- Step 4** Heat a little oil in a wok and stir-fry the tenderstem broccoli for a few minutes until just tender but still with bite. Add the red pepper and marinated tofu, and stir-fry for another minute.
- Step 5** Add the cooked noodles to the pan and toss everything together until well combined.
- Step 6** Serve immediately, dividing between two bowls.

SCRAMBLED TOFU WITH AVOCADO AND TOAST

👤 Serves 2

🕒 15 minutes



INGREDIENTS

- 400g Vivera Quick Marinating Firm Tofu
- 2 slices of bread
- 1 tsp oil
- 2 tbsp nutritional yeast flakes
- ½ tsp ground turmeric
- 75ml soy cream
- 1 ripe avocado, sliced
- 2 tbsp chives, finely chopped



PREPERATION

- Step 1** Toast the bread in a dry frying pan, toaster, or under the grill until golden.
- Step 2** Heat the oil in a frying pan. Crumble the tofu into the pan using your hands. Season with salt and pepper, then add the turmeric and nutritional yeast. Stir to combine.
- Step 3** Pour in the soy cream and stir until most of the liquid has cooked off and the mixture is creamy. Taste and adjust the seasoning if needed.
- Step 4** Spoon the scrambled tofu over the toast, top with avocado slices, and finish with a sprinkle of chopped chives.

FRIED RICE WITH TOFU

👤👤 Serves 2

🕒 20 minutes



optional!

For extra crunch, serve with rice crackers, vegan prawn crackers, or cassava crackers if you have them — plus a few slices of cucumber.

INGREDIENTS

- 1 pack Vivera Firm Tofu
- 150g rice
- 1 tbsp oil (plus 2 tbsp extra)
- 1 shallot, finely chopped
- 2 garlic cloves, thinly sliced
- 1 tsp sambal oelek
- 4 spring onions, thinly sliced
- 2 tsp soy sauce

PREPERATION

- Step 1** Gently press the tofu to remove excess moisture, then cut into small cubes.
- Step 2** Cook the rice according to the packet instructions and allow it to cool.
- Step 3** Heat 1 tbsp oil in a wok or frying pan. Add the tofu cubes with a pinch of salt and fry for around 5 minutes, until golden and crispy. Transfer to a bowl.
- Step 4** Add the remaining oil to the pan. Fry the shallot, garlic, and sambal for 2 minutes until fragrant. Add the cooled rice and stir-fry for about 5 minutes, breaking up any clumps. Stir in the soy sauce, then return the tofu to the pan and mix well.
- Step 5** Divide the fried rice between plates. Top with the sliced spring onions and serve with your choice of crunchy crackers and cucumber, if using.

