

HOW TO DEFROST VEGGIE TOFU NUGGETS



Pattern- 1.
Refrigerator overnight
(At least 6 hours)

Frozen



Overnight in refrigerator



Defrosted



Pattern- 2.
Microwave

Wrap with clingwrap



Heat in microwave
3min 30sec (for 12 pieces)



Defrosted



Pattern- 3.
Steam oven

Frozen



Steam oven
12min



Defrosted



Pattern- 4.
Frozen Nuggets
Cook in soup directly

Freezer



Frozen



Put in soup or soup stock
without defrosting





VEGGIE TOFU NUGGETS are Japanese Traditional Healthy Food.

DELICIOUS WAYS TO PREPARE

You can saute, fry, stew or steam our VEGGIE TOFU NUGGETS any method!
VEGGIE TOFU NUGGETS are not seasoned, so you can cook with any sauce you like!!

STEW:

- 1.Put VEGGIE TOFU NUGGETS in soup or soupstock(dashi) without defrosting.
- 2.Stew together for about 10min and serve.

SAUTE or DEEP FRY:

- 1.Defrost the VEGGIE TOFU NUGGETS in the refrigerator overnight.
- 2.Add 5.3oz of water and VEGGIE TOFU NUGGETS(for12pieces) in a nonstick skillet, bring to a boil over medium heat.
- 3.To give moisture, cook until the water evaporates for about 4min.
- 4-1.For saute, add your favorite sauce and cook together for about 1 min and 30 sec in the same pan, then serve.
- 4-2.For deep fry, fry them in another pot, and serve with your favorite sauce.

DEFROSTING IN THE MICROWAVE:

- 1.Place VEGGIE TOFU NUGGETS in a microwave-safe container and cover with a clingwrap.
- 2.Microwave for 3min and 30 sec.(for12pieces)