

Chilled Tofu with Crunchy Baby Sardines

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/pan-fried-sardines-recipe-japanese>

Ingredients:

- 2 tablespoons canola oil
- 1/4 cup sardines dried baby
- 1 pound medium firm tofu or silken
- 4 shiso leaves green, cut into very thin strips
- 1 1/2 tablespoons white sesame seeds toasted and slightly crushed with a mortar and pestle
- Japanese soy sauce high-quality