

# Tofu Piccata

Prep: 12 minutes • Cook: 22 minutes

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*Crisp, pan-seared tofu is cloaked in a silky, buttery lemon-caper sauce that's bright, briny, and zesty. Simple yet elegant, it's perfect over pasta, potatoes, or rice to catch every drop.*

## Ingredients

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- 16 ounces tofu (sliced into 1/2-inch oval slabs (about 4–5 pieces))
- 3/4 teaspoon sea salt
- 1/2 teaspoon black pepper (freshly ground)
- 1/4 cup all-purpose flour
- 2 tablespoons + 1/2 teaspoon cornstarch (divided)
- 1 tablespoon water
- 2 tablespoons olive oil
- 2 1/2 tablespoons vegan butter (divided)
- 1 small shallot (finely minced)
- 3 cloves garlic (minced)
- 1 1/2 cups vegetarian chicken-style broth (or vegetable broth)
- zest of 1 lemon
- 1/4 cup lemon juice (fresh (about 2 lemons))
- 3 tablespoons capers (drained)
- 2 tablespoons fresh parsley (chopped, plus more for serving)

## Instructions

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1. Season both sides of the tofu slabs with the sea salt and black pepper.
2. In a shallow bowl, whisk together the all-purpose flour and 2 tablespoons cornstarch. Dredge the tofu lightly, shaking off any excess, and set aside.
3. Heat the olive oil in a large skillet over medium heat, then add 1 tablespoon of the vegan butter and let it melt.
4. Add the tofu in a single layer and cook, undisturbed, until deeply golden and it releases easily from the pan, about 4 to 5 minutes per side. Transfer to a paper towel-lined plate.
5. Reduce heat to medium-low and add the remaining 1 1/2 tablespoons vegan butter to the skillet.
6. Add the shallot and cook until softened and fragrant, about 2 minutes. Add the garlic and cook for about 30 seconds, just until aromatic.
7. Stir in the broth, lemon juice, and lemon zest, scraping up any browned bits. Bring to a simmer and cook 4 to 6 minutes, until slightly reduced.

8. In a small bowl, mix the remaining 1/2 teaspoon cornstarch with 1 tablespoon water to make a slurry. Stir it into the sauce and cook 1 to 2 minutes, until lightly thickened and spoonable.
9. Stir in the capers.
10. Return the tofu to the skillet and add the parsley. Spoon sauce over the tofu and simmer gently 2 to 3 minutes, until warmed through and lightly infused.
11. Taste and adjust seasoning with additional salt, pepper, or lemon juice as needed. Serve hot with extra sauce spooned over each portion.

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**Tags: Vegan, Italian-American, Tofu, Lemon, Weeknight Friendly, Skillet Meal**

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