

Grilled Tofu Steak

Learn to make perfect Grilled Tofu Steak with savory marinade. Crispy outside, tender inside - a delicious plant-based meal everyone will love!

50	15	65	2	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Grilled Tofu Steak

Ingredients

- 14 oz tofu
- 1 cup soy sauce
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice
- 2 clove garlic
- 1 tbsp maple syrup
- 1 tsp paprika
- 1 tsp black pepper

Instructions

- 1 Press the tofu**

Remove 14 oz tofu from package and wrap in clean kitchen towels. Place on a plate and set a heavy object like a cast iron pan on top. Press for 30 minutes to remove excess moisture.
- 2 Make the marinade**

Mince 2 cloves garlic finely. In a mixing bowl, whisk together 1 cup soy sauce, 2 tablespoons olive oil, 2 tablespoons lemon juice, minced garlic, 1 tablespoon honey, 1 teaspoon smoked paprika, and 1 teaspoon black pepper until well combined.
- 3 Cut pressed tofu into 1/2-inch thick steaks.** Place tofu steaks in a shallow dish and pour marinade over top, turning to coat all surfaces. Marinate for 30 minutes, flipping steaks once halfway through.
- 4 Prepare the grill**

Preheat grill to medium-high heat (about 190-205°C/375-400°F). Clean grates thoroughly with a grill brush and brush with oil to prevent sticking.
- 5 Grill the tofu**

Remove tofu steaks from marinade and let excess drip off for 10 seconds. Place on preheated grill and cook for 5-6 minutes until golden brown with distinct grill marks.
- 6 Flip tofu steaks carefully using a wide spatula.** Grill for 5-6 minutes more until second side is golden brown with clear grill marks and tofu feels firm when gently pressed.
- 7 Transfer grilled tofu steaks to a serving plate and let rest for 2 minutes before serving.** Serve immediately while hot.

Tips

Perfect Pressing Technique: Press tofu for at least 30 minutes, but ideally 1-2 hours for best results. Use multiple paper towels and change them if they become saturated to remove maximum moisture.

Marinating Success: Score the surface of the tofu lightly with a knife to create small channels that help the marinade penetrate deeper into the protein.

Prevent Sticking: Clean and oil your grill grates thoroughly before cooking. A well-seasoned cast iron grill pan works excellently for indoor preparation.

Temperature Control: Cook over medium-high heat to develop proper browning without burning. If the tofu is browning too quickly, reduce heat slightly.

Freezing for Texture: For an even meatier texture, freeze the pressed tofu overnight, then thaw completely before marinating. This creates a more porous, chewy texture.

Don't Flip Too Early: Allow each side to cook undisturbed for 5-7 minutes to develop proper grill marks and prevent breaking apart.

Rest Before Serving: Let grilled tofu rest for 2-3 minutes after cooking to allow juices to redistribute and flavors to settle.

Batch Cooking: Grill extra portions for easy meals throughout the week - they reheat beautifully and work in various dishes.