

Crispy Sweet Potato Matchsticks with Saucy Sesame Tofu

Serves: 4 | **Prep Time:** 20 min | **Cook Time:** 25 min | **Total Time:** 45 min

Golden, crispy sweet potato matchsticks meet tender tofu coated in a rich almond-sesame sauce. This plant-powered dish delivers bold flavor, balanced nutrition, and irresistible texture—perfect for a healthy weeknight dinner or a colorful centerpiece for your next social post.

I use allulose as my sugar substitute but you can use whatever you prefer. Cutting the potatoes into match sticks isn't hard. DM for details on my cooking classes which includes knife skills.



Recipe:

Ingredients:

Tofu & Sauce

1 (14 oz) block extra-firm tofu, pressed for at least 15 minutes, cut into 1-inch cubes

1 tbsp avocado oil (for cooking)

2 tbsp almond butter

1 tbsp low-sodium soy sauce

1 tbsp rice vinegar

1 tbsp allulose or honey

1 tsp sesame oil

1 tsp Sriracha (adjust for heat preference)

1/2 tsp ground ginger

1 garlic clove, grated

Sweet Potato Matchsticks

2 medium sweet potatoes (about 1 lb total), peeled if desired, cut into thin matchsticks (about 1/4-inch thick)

1 tbsp avocado oil

1–2 tsp cornstarch or arrowroot powder

1/4 tsp salt

1/4 tsp black pepper

Garnishes

Juice of 1 lime

2 scallions, thinly sliced

1 tbsp sesame seeds, toasted if possible

Fresh basil leaves

Directions:

Prep the Oven & Sweet Potatoes

Preheat oven to **425°F (220°C)** and line a baking sheet with parchment paper.

Place the sweet potato matchsticks in a large bowl. Drizzle with **1 tbsp avocado oil**, sprinkle with **salt** and **black pepper**, and toss well.

Add **1–2 tsp cornstarch or arrowroot** and toss again until each matchstick has a light, even coating.

Roast for Maximum Crisp

Spread sweet potatoes out in a **single layer with space between pieces** to avoid steaming.

Roast on the **top rack** for **20–25 minutes**, flipping halfway.

For extra crispness, switch to **broil for the last 1–2 minutes**, watching closely to avoid burning.

Make the Sauce

While potatoes roast, combine **almond butter, soy sauce, rice vinegar, allulose (or honey), sesame oil, Sriracha, ground ginger, and grated garlic**

in a blender or small bowl.

Blend or whisk until smooth. Add **1–2 tsp water** if needed for a pourable consistency.

Cook the Tofu

Pat tofu cubes dry with a clean towel to help them brown.

Heat **1 tbsp avocado oil** in a large skillet over **medium-high heat**.

Add tofu in a single layer and cook **8–10 minutes**, turning occasionally, until golden on all sides.

Sauce & Simmer

Reduce heat to **low**.

Pour the sauce over tofu, stirring gently to coat.

Simmer for **2–3 minutes**, until the sauce thickens slightly and clings to the tofu.

Assemble & Garnish

Divide roasted sweet potatoes among 4 plates.

Spoon the saucy tofu on top or alongside.

Squeeze fresh lime juice over each serving and garnish with **scallions, sesame seeds, and basil leaves**.