

Crunchy tofu nuggets



Consejo del chef

Serve hot with your favourite sauce.

Raciones para 1

250 gr Firm natural tofu
2 Tablespoons of soy sauce
2 Tablespoons of soy drink
1 Teaspoon of extra virgin olive oil
1 Teaspoon of garlic powder
1 Teaspoon of curry powder
1/2 Teaspoon of cumin powder
1/2 Teaspoon of ground pepper
1/2 Teaspoon of salt
Chickpea flour
1 Teaspoon of oregano

- 1** Remove the excess liquid from the tofu by wrapping it in a clean cloth for a couple of minutes.
- 2** Cut into similar sized cubes.
- 3** Prepare a dressing with the soy sauce and drink, oil, salt and spices.
- 4** Mix the tofu cubes with the dressing in a bowl and macerate for 30 minutes.
- 5** After this time, coat each taco with chickpea flour and a little oregano.
- 6** Place the tofu cubes in the Air fryer and cook at 180° for 15 minutes.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/nuggets-crujientes-de-tofu-en-horno-airfry/>

