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/en/receta/nuggets-crujientes-de-tofu-en-horno-airfry/