

Crunchy tofu nuggets

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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/>

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