



Tofu nuggets

20'

Hands on

30 minutes'

Hands off

8'

Cook Time

8

Portion(s)

1

Difficulty



Method

- **Cut** the tofu into 8 even pieces and place them into a **bowl** in the freezer.
- In a **saucepan** over medium heat, add the water with the vegetable cube, the soy sauce, and let it come to a boil until the bouillon cube is dissolved. Mix well, transfer into a bowl and let it cool completely.
- At the same time, add the cornstarch into a bowl, and in a second bowl, mix the oat flour, nutritional yeast, coconut sugar, garlic, onion, paprika, and cayenne pepper.
- Take the tofu pieces out of the freezer and add them into the bowl with the vegetable cube so that they are completely covered.
- Allow 30 minutes for the tofu to be marinated.
- Dredge the tofu pieces one by one into the bowl with the cornstarch and bread them.
- Dip them in the broth again and dredge in the cornstarch once more.
- Dip them in the broth one more time, and lastly, dredge them well in the oat mixture.
- Heat a **frying pan** over medium heat and add olive oil of about 1 cm depth.
- Saute the pieces for 1-2 minutes on each side, until golden.
- Remove from the frying pan, sprinkle with fresh thyme, and **serve** them hot along with the **vegan mayonnaises** .

Ingredients

- 200 g tofu
- 500 g water
- 1 vegetable bouillon cube
- 2 tablespoons soy sauce
- 100 g cornstarch
- 50 g oat flour
- 3 tablespoons nutritional yeast
- 1 teaspoon coconut sugar
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon sweet paprika
- pinch of cayenne pepper
- olive oil, for the frying
- fresh thyme, to serve
- **vegan mayonnaise** , to serve
- vegan cayenne mayonnaise, to serve

Διατροφικός πίνακας

Nutrition information per portion

138 Calories (kcal)	4.6 Total Fat (g)	0.8 Saturated Fat (g)	18.0 Total Carbs (g)
7%	7%	4%	7%
2.1 Sugars (g)	5.3 Protein (g)	2.1 Fibre (g)	0.75 Sodium (g)
2%	11%	8%	13%