

# Tofu Nuggets

**Serves** 4

**Time** 60 minutes

**Vegan**

**Common Allergens** Soy, may contain wheat

Recipe from [Vegan Richa](#)

## Ingredients

- 14 ounces extra firm tofu, pressed for at least 20 minutes

For the marinade:

- 1 tablespoon hot sauce, optional
- 2 teaspoons oil
- 1 teaspoon soy sauce or tamari

For spice coating

- 1 ½ to 2 tablespoons of cornstarch or tapioca starch
- 1 tablespoon nutritional yeast
- 1 teaspoon freshly ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon ground sage
- ½ teaspoon poultry seasoning or mix of ⅛ teaspoons each of sage, thyme, rosemary
- ¼ teaspoon ground cumin
- A generous pinch each of cinnamon, nutmeg and allspice

To serve

- Dip of your choice: Barbecue sauce, ranch dressing, or hot sauce
- Green onion or cilantro for garnish



## Notes

- For extra crispy tofu: use ¼ -1/3 cup breadcrumbs instead of cornstarch
- To make this recipe wheat/gluten-free, use gluten-free soy sauce or tamari
- Although the spice mixture is best when all spices are used, it will still taste good if you omit the ones you don't have, especially the ones with smaller quantities.

## Instructions

1. Break tofu into bite size pieces using your hands. Keep them at least 1 inch in size, then add to a bowl.
2. Marinate: Then add the marinade ingredients to the bowl and toss well to coat, let the tofu sit for 5 minutes (or longer in the fridge till ready to bake).
3. Spice coating: In a small bowl, add all of the coating ingredients and 1 ½ tablespoons of cornstarch and mix really well.
4. The marinade should have gotten absorbed in the tofu, there shouldn't be any liquid left. Sprinkle all of the spice coating mixture over the tofu and toss well to coat. If the tofu is too wet then add some more cornstarch, 1 teaspoon at a time. Then spread this tofu on a parchment-lined baking sheet and keep at least ½ inch distance between all the pieces.
5. Bake at 400°F for 20-25 minutes or until the tofu is crisp.
6. Remove the baking sheet from the oven then let it cool for a few minutes before plating it and serving it with dips of choice. You can also use this tofu to add to wraps or tacos or serve it as a side.