

Crispy Quinoa Tofu Sticks with Thyme

20–25 Min

Preparation

1. Preheat the oven to 240 °C. Add the eggs and crushed garlic to a bowl and whisk together.
2. In a separate bowl, mix together quinoa, Parmesan, chia seeds, lemon zest, Himalayan Salt and pepper.
3. Cut the tofu into long, approximately 0.5 cm-thick pieces and dip each slice into the egg and garlic mixture and then roll in the crumb mix.
4. Line a baking sheet with baking parchment and place the tofu sticks on it. Bake in the oven for around 12 minutes until they are golden brown and crispy.
5. The tofu sticks can be served with a variety of different dips and salads.

Ingredients 4 Portions

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2	Eggs
50 g	Quinoa flakes
40 g	Parmesan, grated
2 tbsp.	Chia seeds, white
1	Garlic clove, crushed
1 pcs.	Lemon, for zest
300 g	Tofu
2 tbsp.	Thyme, fresh and finely chopped
1 pinch	Pepper Rainbow, Whole
1 tsp.	Himalayan Salt
1 tbsp.	Thyme, Crushed