



# 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

🔹 = Kotányi Produkte

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

