

Tofu Nuggets

30—45 Min

Ingredients 4 Portions

= Kotányi Produkte

600 g	Tofu
1 cup	Cornstarch
	Sunflower oil (for frying)

For the marinade

100 ml	Plant-based milk
2.5 tbsp.	Spelt flour
1 tbsp.	Soy sauce
1 tsp.	Paprika Special Sweet
0.5 tsp.	Turmeric, Ground
0.5 tsp.	Garlic Granules
1 pinch	Pepper Black, Whole

For the crumb mix

5 tbsp.	Panko flour
3 tbsp.	Breadcrumbs
1 tsp.	Organic Special Sweet Paprika, Ground

Preparation

1. First press the tofu between two heavy pots for 10 minutes to allow any excess water to escape. Then cut the tofu into 0.5 cm-thick slices.
2. To make the marinade, use a whisk to combine all of the items listed in the ingredients section.
3. Now dip the tofu in the marinade, then in the cornstarch, then toss in the crumb mix, pressing the breadcrumb coating down gently. Repeat this process for all the slices of tofu.
4. Now heat the sunflower oil in a pan and fry the nuggets for around 4–5 minutes until golden brown. Then allow to dry on a piece of paper towel.
5. Serve the nuggets with fries or potato wedges and a variety of different sauces and dips.