

plantifully based

BAKED TOFU BITES

INGREDIENTS

- 1 (16-OUNCE [454G]) BLOCK SUPER-FIRM TOFU
- 1 TABLESPOON CORNSTARCH
- 1/2 TEASPOON GARLIC POWDER
- 1 TEASPOON PAPRIKA
- 1/2 TEASPOON DRIED PARSLEY LEAVES
- PINCH BLACK PEPPER
- 1/4 TEASPOON POULTRY SEASONING
- 1/4 TEASPOON SALT
- 1/2 LEMON, JUICE ONLY
- 2 TABLESPOONS VEGAN BUTTER, CUBED
- 1 TABLESPOON OLIVE OIL

METHOD

1. PREHEAT OVEN TO 400°F (204°C).
2. CUT THE TOFU SLAB INTO THIRDS LENGTHWISE. SO YOU END UP WITH 3 SLABS OF TOFU THAT ARE THE ORIGINAL SIZE OF THE TOFU BLOCK JUST THINNER. THEN BREAK THEM INTO BITE SIZE PIECES USING YOUR HANDS.
3. PLACE THEM INTO A 9 BY 11-INCH BAKING DISH.
4. SPRINKLE WITH CORNSTARCH AND ALL OF THE SEASONINGS. TOSS WITH CLEAN HANDS TO COAT.
5. ARRANGE TOFU FLAT AND THEN COVER WITH LEMON JUICE AND TOP WITH THE SMALL PIECES OF CUBED VEGAN BUTTER.
6. BAKE FOR 20 MINUTES.
7. REMOVE FROM THE OVEN AND DRIZZLE THE OLIVE OIL OVER THE TOFU. CAREFULLY, USE A SPOON TO TOSS. IF THE TOFU IS A LITTLE STUCK DO NOT FORCE IT JUST GIVE IT A MINUTE TO LOOSEN ON IT'S OWN.
8. TURN UP THE HEAT TO 450°F (232°C) AND BAKE FOR ANOTHER 15 MINUTES.
9. SPRINKLE WITH EXTRA SALT AND BLACK PEPPER BEFORE SERVING.

