



Air Fryer Tofu

Use an air fryer for a fast & healthy way to prepare protein for dinner.

- 1 block (14 oz.) extra-firm tofu, pressed; cut into cubes
- 1 Tablespoon sesame oil
- 1 Tablespoon soy sauce
- 3 Tablespoons cornstarch or tapioca starch

1. Toss the pressed tofu with the sesame oil and soy sauce to mix well. Sprinkle half the cornstarch over the tofu and toss. Repeat and make sure the tofu is coated evenly.
2. Preheat your air fryer to 390 degrees F. unless your model doesn't require it.
3. Once it's hot, add the coated tofu to your air fryer basket. Set the cooking time to 5 minutes.
4. When the time is up, shake or stir the tofu, Cook again for an additional 5 minutes.
5. To Serve: Add the tofu to a prepared sauce and stir a few more times to mix everything together. Serve with steamed rice and cooked vegetables.

Recipe by: Vegan Cooking in Your Air Fryer by Kathy Hester.

If you want to prepare this tofu with plenty of vegetables and served with an orange sauce. See: Maggie Zhu

<https://omnivorescookbook.com/air-fryer-tofu/>

About the Recipe:

The tofu cubes turned out crunchy and crispy, and worked beautifully. The entire recipe contains just 1 tablespoon of oil. But the results were amazing. Try using an air fryer to cook other protein for your dinner.