

Crispy Breaded Air Fryer Tofu

Prep: 18 minutes • Cook: 12 minutes

Golden brown, ultra-crispy tofu made with barely any oil thanks to a panko crust that mimics deep-frying. Savory tamari and plenty of black pepper make it irresistible for snacking or as a protein boost in bowls and salads.

Ingredients

- 12 oz extra-firm tofu (cut into 3/4-inch (2 cm) cubes, patted dry)
- 2 tablespoons tamari (or soy sauce)
- 3/4 teaspoon garlic powder
- 2 tablespoons cornstarch
- 2/3 cup panko breadcrumbs (more if needed)
- as needed oil spray (olive oil or grapeseed oil)
- to taste black pepper (ideally coarsely ground)
- to taste salt

Instructions

1. Cut the tofu into 3/4-inch (2 cm) cubes and pat dry with a clean kitchen towel.
2. Place tofu in a shallow dish. Pour tamari over and sprinkle with garlic powder; gently toss to coat.
3. Let marinate 6 to 8 minutes, turning cubes every couple of minutes, until most—but not all—of the tamari is absorbed.
4. Scatter cornstarch over the tofu and gently toss until no dry cornstarch remains.
5. Working one cube at a time, moisten in any residual tamari in the dish, then dip into panko, pressing to adhere on all sides.
6. Arrange breaded tofu in a single layer in the air fryer basket, spacing pieces apart.
7. Spray the tofu lightly with oil. Air fry at 400°F (200°C), no preheating needed, for 10 minutes.
8. Shake the basket, spray lightly again (optional), and air fry 1 to 3 minutes more, until crispy and golden brown.
9. Season generously with freshly ground black pepper and salt to taste. Serve immediately while hot and crisp.

Tags: Vegan, Air Fryer, Tofu, Gluten Free Option, Snack, High Protein
