

Crispy Sweet Chili Tofu Bowls

Prep: 23 minutes • Cook: 12 minutes

Crunchy, golden breaded tofu is lacquered in a glossy Thai sweet chili sauce and served over fluffy rice, balancing sweet heat with tangy brightness and a satisfying crisp-tender bite.

Ingredients

- 12 oz tofu (extra-firm)
- 2 tablespoons tamari (or soy sauce)
- 3/4 teaspoon garlic powder
- 2 tablespoons cornstarch
- 2/3 cup panko breadcrumbs (gluten-free if needed)
- for spraying oil spray (grapeseed or olive oil)
- 1/3 cup sugar (granulated (or cane))
- 1/3 cup + 1 tablespoon water (cold)
- 1/4 cup rice vinegar
- 1 to 1 1/2 teaspoons Sriracha (divided)
- 1 teaspoon tamari (or soy sauce)
- 2 teaspoons cornstarch
- 1/4 teaspoon red pepper flakes
- to serve rice (cooked (such as Jasmine))
- to garnish scallions (green onions) (thinly sliced)

Instructions

1. Marinate tofu: Cut tofu into 3/4-inch (2 cm) cubes and pat dry. Place in a shallow dish, add 2 tablespoons tamari and 3/4 teaspoon garlic powder, toss to coat, and marinate 6–8 minutes, flipping occasionally, until most—but not all—of the tamari is absorbed.
2. Coat tofu: Sprinkle 2 tablespoons cornstarch over tofu and toss gently until no dry spots remain. Dredge each cube in panko, pressing to adhere on all sides.
3. Air fry tofu: Arrange coated tofu in a single layer in the air fryer basket and spray generously with oil. Air fry at 400°F (200°C) for 10 minutes, shake basket, spray again, then air fry 1–3 minutes more until crisp and golden. (Oven option: Preheat to 425°F/220°C. Oil a baking sheet, bake tofu 15 minutes, flip and spray again, then bake 5–15 minutes more until golden and crisp.)
4. Start sauce: In a skillet, combine 1/3 cup sugar, 1/3 cup cold water, 1/4 cup rice vinegar, 1 teaspoon Sriracha, and 1 teaspoon tamari. Bring to a simmer over medium heat, whisking occasionally. Reduce to medium-low and cook 3 minutes.

5. Finish sauce: In a small bowl, whisk 1 tablespoon cold water with 2 teaspoons cornstarch. Whisk slurry into the skillet and cook until thickened, about 1 minute. Remove from heat; stir in 1/4 teaspoon red pepper flakes and add up to 1/2 teaspoon more Sriracha to taste.

6. Assemble: Add hot crispy tofu to the skillet and gently toss to coat. Serve over cooked rice and garnish generously with thinly sliced scallions. Enjoy immediately.

Tags: Vegan, Gluten Free, Tofu, Thai, Air Fryer, Weeknight Dinner

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