

Easy Gochujang Tofu (Oven or Air Fryer)

Prep: 5 minutes • Cook: 30 minutes

Crisp-edged, chewy tofu coated in a glossy gochujang glaze that balances savory umami with gentle heat and a touch of sweetness—perfect for piling over rice, noodles, or salads.

Ingredients

- 1 lb extra-firm tofu
- 2 tablespoons tamari
- 4 teaspoons cornstarch
- 1 tablespoon grapeseed oil
- 2 tablespoons gochujang (paste, not sauce)
- 2 tablespoons honey (or maple syrup)
- 1 tablespoon toasted sesame oil
- 1 clove garlic (finely grated)

Instructions

1. Preheat the oven to 425°F (218°C) with the rack in the center position. Line a large baking sheet with parchment.
2. Tear the extra-firm tofu into rough 1-inch (2.5 cm) chunks and scatter on the prepared baking sheet.
3. Drizzle 1 tablespoon of the tamari over the tofu and toss to coat evenly.
4. Sprinkle the cornstarch over the tofu and toss to coat, then drizzle with the grapeseed oil and toss again.
5. Bake until the tofu is golden and crisp on the edges, about 25 minutes.
6. Meanwhile, in a bowl whisk together the gochujang, honey, remaining 1 tablespoon tamari, toasted sesame oil, and finely grated garlic.
7. Drizzle about three-quarters of the sauce over the baked tofu, toss to coat, and return to the oven until the sauce is starting to bubble, about 5 minutes.
8. Transfer tofu to a bowl and drizzle with the remaining sauce; serve.

Tags: Tofu, Korean-Inspired, Air Fryer, Oven Baked, High Protein, Weeknight
