

# Easy Vegan Cilantro Lime Tofu

Prep: 1 hour • Cook: 30 minutes

---

*Bright, citrusy tofu marinated with fresh orange and lime, garlic, cumin, soy, and agave, then air-fried or baked until caramelized and tender. Serve with steamed rice and mango salsa for a vibrant, tangy-sweet finish.*

## Ingredients

---

- 1 block (15 oz) extra firm tofu (drained and pressed)
- 3 oranges (zested and juiced)
- 3 limes (zested and juiced)
- 1/3 cup olive oil
- 1 tablespoon agave syrup
- 2 tablespoons soy sauce
- 6 cloves garlic (grated)
- 1 teaspoon cumin
- pinch salt
- pinch black pepper
- 1/4 cup cilantro (chopped)
- for serving white rice (steamed)
- to taste mango salsa

## Instructions

---

1. Drain and press the tofu, then slice it into 3–4 thick slices.
  2. Make the marinade: In a large bowl or spouted measuring cup, whisk together the zest and juice of 3 oranges (about 3/4 cup juice), the zest and juice of 3 limes (about 1/3 cup juice), olive oil, agave, soy sauce, grated garlic, cumin, salt, and pepper until combined.
  3. Add the sliced tofu and chopped cilantro to a large zip-top bag (or bowl), pour in the marinade, seal, and gently turn to coat. Marinate at least 1 hour; longer or overnight for more flavor.
  4. To air-fry/grill: Use the air fryer grill setting at high heat and cook tofu for about 15 minutes, flipping halfway and brushing with extra marinade.
  5. To bake: Preheat oven to 375°F (190°C). Place tofu on a greased or lined sheet pan and bake 15 minutes; flip, brush with more marinade, and bake another 15 minutes.
  6. Serve hot with steamed white rice and mango salsa.
-

**Tags: Vegan, Tofu, Citrusy, High Protein, Air Fryer, Weeknight**

---

Recipe saved with Recipio - recipio.app