Vegan Za'atar Tofu with Herb Yogurt Sauce

Prep: 15 minutes • Cook: 25 minutes

Crisp-edged, baked tofu coated in aromatic Middle Eastern spices meets a cool, tangy herb yogurt for a vibrant, zesty bite. Serve with flatbread for a satisfying, fresh and savory vegan main.

Ingredients

- 1 block (15 oz) extra firm tofu
- 1 Tbsp olive oil
- 1 tsp oregano (dried)
- 1 tsp sumac
- 1 tsp cumin
- 1 tsp sesame seeds
- 1/4 tsp salt
- 1/4 tsp black pepper
- 5 oz plain non-dairy yogurt
- 2 Tbsp chives (finely chopped)
- 2 Tbsp parsley (chopped)
- 1/2 tsp garlic powder
- 1 tsp agave syrup
- 1/2 lemon (juiced)
- pinch salt
- pinch black pepper
- for serving (optional) flatbread

Instructions

1. Press the tofu for at least 15 minutes using a tofu press or by placing a heavy object on top.

2. Preheat the oven to 375°F (190°C).

3. Cut the pressed tofu into cubes and place in a mixing bowl.

4. Drizzle olive oil over the tofu and toss to coat evenly.

5. Add oregano, sumac, cumin, sesame seeds, salt, and black pepper; toss until all tofu is coated in the spice blend.

6. Spread the tofu in a single layer on a baking sheet.

7. Bake for 20–30 minutes, or until browned, firm, and lightly crispy, flipping once if desired.

8. While tofu bakes, make the herb yogurt sauce: In a small bowl combine non-dairy yogurt, chives, parsley, garlic

powder, agave syrup, lemon juice, a pinch of salt, and a pinch of black pepper. Stir and adjust seasoning to taste.

9. Serve the baked tofu immediately, drizzled with herb yogurt sauce, with flatbread on the side or wrapped if desired.

Tags: Vegan, Tofu, Middle Eastern, Quick, Baked, Herby