



Simple Crispy Tofu

Air Fryer Instant Pot

Serves 4-6 | Prep 35 min | Cook 8 min | Ready in 40 min

Once I learned the trick of adding tofu to the air fryer, I almost exclusively use this method! Tofu is one of my most favorite staples to keep in the fridge, and I am always happy to crisp some up to add to many dishes. My whole family loves it, and there are many so health benefits to this nutrient-rich food! This is a super quick way to get you there and preserve flavor!

INGREDIENTS

The Basics

- 2 packages extra firm, organic tofu

Simple Marinade

- ¼ cup Braggs liquid aminos
- 2 teaspoons cornstarch
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons nutritional yeast (AKA nooch)

DIRECTIONS

1. Prep your extra firm tofu for cooking
2. Drain tofu from its package.
3. Wrap in dish towel or paper towels and place a weighted object on top to help push out more water. I usually just use our fruit bowl, don't get fancy. Recently, I bought a tofu press from Amazon which is very convenient!
4. Let sit for at least 30 minutes. The more liquid you can get out, the crispier you'll be able to get it. Sometimes I let it sit overnight. You may also put it in the fridge if you plan to leave it for awhile.
5. Chop tofu into cubes
6. Toss with Braggs, then cornstarch, then remaining spices
7. Add half of the tofu to air fryer basket and cook at 350 degrees for 8 mins
8. Remove, set to the side, add the remaining tofu and cook

NOTES

You can add crispy tofu to any salad, pasta, stir fry, etc. It really takes a dish to the next level of savory and satisfying. We also just enjoy it with roasted vegetables and rice often!

You will be prompted to stir food halfway through cooking time. Assess the tofu for satisfactory crispiness at that time. Depending on how much water you got out of it, it may be ready after only a few minutes.