

PAN-FRIED CHICKPEA TOFU

Ingredients:

- 1 block Chickpea Tofu (cut into small cubes)
- 1/2 cup golden white spelt flour
- 2 tsp salt
- 1/2 tsp paprika
- 1/2 tsp turmeric
- 1/4 tsp cayenne
- 1 tsp cornstarch
- 1 tsp nutritional yeast

Directions:

- Pre-cut your chickpea tofu into small cubes/ Set aside.
- On a plate, combine all the dry ingredients.
- In a small pot, preheat your coconut oil. You should have enough oil in your small pot to cover your chickpea tofu.
- Take each cubes of chickpea tofu and coat the outsides in the seasoned flour mixture.
- Drop carefully into your small pot with hot coconut oil. After 1-2 minutes, turn once you see small air bubbles and each cube is not sticking to the bottom of your pan.
- Deep-fry until golden brown and crispy on the outside. Turn over 2-3 times and let fry on each side.
- Take out once finished and drain on a brown bag to absorb any excess oil.
- Enjoy while warm. 😊



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