

# Tofu Nuggets & Spicy Tomato Sauce



Vegan

Difficulty 🌿🌿🌿

Preparation Time: 20mins

Cooking Time: 25mins

## Ingredients

### *Tofu Nuggets*

- 200g extra firm tofu
- 3 tbsp plant-based milk
- 3 tbsp breadcrumbs
- 1 tbsp nutritional yeast
- 1 tbsp hemp hearts
- 1/2 tsp turmeric, smoked paprika, garlic powder (& salt/ pepper to taste)

### *Spicy Tomato Sauce*

- 3 tbsp tomato puree
- 1/2 tsp smoked paprika
- 2 tbsp tamari soy sauce
- 1 tsp coconut honey/ syrup
- 1 tsp sriracha
- 1-2 tbsp water

## Method

- Preheat the oven: 170 fan/ 190°C, line tray with baking paper
- Pat tofu dry, cut into around 18 cubes
- Put milk in a shallow bowl
- Mix breadcrumbs, nutritional yeast, hemp hearts, turmeric and other seasonings in bowl
- Dip tofu into milk, place into ziplock bag with the coating-1 heaped tbsp for 6 cubes
- Shake the bag and empty cubes onto tray
- Bake for 20-25 minutes, until golden: turn over halfway through
- Meanwhile: mix together all ingredients for sauce in small bowl
- Serve – nuggets will keep well in airtight container for 3 days

*Recipe from Mangoes App*