

Coconut Crusted Tofu

Prep time

15 mins

Cook time

40 mins

Total time

55 mins

Ingredients

- 2 blocks of organic firm or extra firm tofu

For the Marinade:

- 1 can of coconut milk
- ¼ cup water
- 2 tbsp turmeric
- salt and pepper to taste

For the Crust:

- 1 cup unsweetened shredded coconut
- 1 cup gluten free panko
- ½ tsp turmeric
- salt and pepper to taste

Instructions

- Press your tofu using a tofu press or between two sheet pans with something heavy on top. (Or just squeeze it really good)
- Cut your tofu blocks by first cutting them in half then cutting each half into 6 equal 'slabs'.
- Mix your marinade in a large dish by adding your coconut milk, ¼ of water to thin, 2 tbsp turmeric, salt and pepper
- Place the tofu into the marinade and gently flip them until every piece is covered.
- Marinate for about an hour.
- Preheat your oven to 400 F.
- Prepare a baking sheet with parchment paper.
- Prepare your crust ingredients in one small to medium sized bowl. Mix your shredded coconut, panko, turmeric, salt and pepper and mix to combine.
- Once your tofu has marinated remove one piece at a time and drop each slab into the bowl with the 'crust' ingredients, flip to ensure even coating and place on your baking sheet.
- Continue until all of the pieces are coated.
- Bake 15-20 minutes or until the coating is golden and crunchy.