Dinner

Crispy Five Spice Tofu Strips

Golden strips of firm tofu get a spiced chickpea flour coating, a dip in coconut milk and a crunchy layer of gluten-free wholemeal breadcrumbs before going into the oven. A warmly seasoned finger food that works as a snack or starter.



Vegetarian | Low fat

30 min	270	16.1 g	2 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 tsp sunflower oil
- [ ] 50 ml coconut milk
- [ ] 1 tbsp chickpea flour
- [ ] 1 heaped tsp Chinese five-spice powder
- [ ] 50 g gluten-free wholemeal breadcrumbs
- [ ] 200 g firm tofu, cut into strips

Method

- [ ] **1** Switch the oven on to 190°/gas 5 and brush a baking sheet with a little of the sunflower oil, then pour the coconut milk into a shallow bowl.
- [ ] **2** Combine the chickpea flour with the Chinese five-spice powder, tip this spiced flour onto a dinner plate and spread the gluten-free wholemeal breadcrumbs across another plate.
- [ ] **3** Roll the firm tofu in the seasoned flour so every strip is covered, keeping the pieces apart so they do not touch each other.
- [ ] **4** Rinse and dry your hands, then take a strip of tofu, tap off any spare flour, dunk it in the coconut milk, press it into the gluten-free wholemeal breadcrumbs and scatter extra crumbs over the top until the surface is completely covered. Lay it on the baking sheet and carry on this way until all the strips are coated.
- [ ] **5** Bake for 15 minutes, by which point the coating should be crisp and lightly browned.

Nutrition Facts

Per serving

Calories	**270**
Total fat	14.1 g
Saturated fat	5.2 g
Sodium	Not listed
Total carbs	16.1 g
Fiber	4.5 g
Total sugars	2 g
Protein	17.4 g

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