



Crispy Baked Tofu Fries

(With Sriracha Ketchup)



Ingredients:

- 1 pack of AFC Firm Tofu (Choose from 3 different sizes: 14oz. Organic, 19oz. & 14oz.) cut into 1/2-inch sticks
- 1 cup panko crumbs
- 1/4 teaspoon sea salt
- 1/4 teaspoon granulated garlic
- 1/8 teaspoon ground cayenne pepper (optional)
- 1 egg, lightly beaten

For the Sriracha Ketchup

- 1/2 cup ketchup
- 2 tablespoon Sriracha sauce

Directions:

Preheat the oven to 375°.

Prepare the Sriracha ketchup by mixing the ingredients together until completely combined.

Check for flavoring and adjust according to taste. Set aside.

Prepare a cookie sheet with parchment paper or cooking spray and set aside.

Cut the tofu into "fries" of about 1/2" thick. Carefully wrap the tofu fries in a couple of paper towels, then set a plate, pan or cutting board on top to weigh them down.

Allow the tofu to sit like that for about 10-15 minutes, until most of the moisture is absorbed into the paper towels. Unwrap and set aside.

In a medium bowl, mix the panko crumbs, salt and garlic until well combined.

Set up your "assembly line" with the egg mixture at the beginning, followed by the panko mixture.

Dip the tofu sticks in the egg mixture then transfer to the panko crumbs, coating the fries on all sides until completely covered.

Place on the prepared baking sheet and repeat with the rest of the tofu.

Bake the fries for about 10 minutes on each side, until golden brown and crispy.

Allow to cool for a few minutes before handling.

Ready to serve

