

CLEAN & TASTY

TOFU AIR-FRIED CHICK'UN

<i>Serving</i>	<i>Time</i>	<i>Level</i>
2	45 mins	easy

INGREDIENTS

- 1 package extra firm tofu
- 2 T nutritional yeast flakes
- 1 T dried basil
- 1 T onion powder
- 1 T garlic powder
- 1 T tarragon, dried
- 1 t black seed pepper (I put black seeds in my high speed blender and ground them. There are also called nigella seeds. (This is optional)
- 1 T smoked paprika
- ¼ c amino acids
- ¼ c water

DIRECTIONS

- .Drain the water out of the package of tofu. Wrap the block of tofu in paper towels and squeeze out the excess moisture. Allow to sit wrapped 15-30 minutes to dry the tofu. Sitting the tofu on a plate with another plate on top and a heavy item will assist in the drying process. Unwrap. Tear pieces randomly.
- Place amino acids and water in a shallow container to dredge tofu pieces.
- In a mixing bowl, mix together nutritional yeast flakes, dried basil, onion powder, garlic powder, smoked paprika, black seed pepper, cayenne pepper.
- Toss each piece in amino acid and water mixture (this is your seasoning). Place in air fryer and set at 370° degrees for 15 minutes turning half way through until golden brown.

