



# TOFU PICCATA

## INGREDIENTS

- 1 Tofu block, drained
- ½ c gluten-free all purpose flour for dredging
- ½ c non-dairy milk
- 2 t vegan chicken seasoning
- ½ t dried basil
- 1 t tarragon
- 1 T nutritional yeast flakes
- Piccata
- ½ cube not-chicken bouillon cube
- 1 c water
- ¼ c capers, rinsed
- 1 T nutritional yeast flakes
- the juice of 1 lemon
- ¼ c fresh parsley, chopped

## DIRECTIONS

- Wrap tofu in paper towel to dry.
- Slice tofu lengthwise to make 4 slice.
- Season flour with basil, tarragon, nutritional yeast and vegan chicken seasoning.
- Dredge tofu slices in milk, then flour mixture and then back into milk and back into flour.
- Repeat for each piece.
- Cook in air-fryer at 370° for 15 minutes until golden brown.
- Meanwhile, make piccata. In a large skillet, heat bouillon, water, lemon juice and capers and bring to a boil.
- Add tofu into the pan and simmer for about 5 minutes.
- Remove from pan and place on serving platter.
- Pour sauce over tofu and garnish with fresh parsley