

Baked Tofu

Learn how to make perfectly crispy baked tofu with this easy vegan recipe. Golden, flavorful, and protein-packed - perfect for any meal!

5 min

PREP

30 min

COOK

35 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Baked Tofu

Ingredients

- 14 oz tofu
- 2 tbsp corn starch
- 1 tbsp soy sauce
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp paprika

Instructions

- 1 Press the tofu**

Place the 14 oz block of tofu on a kitchen towel-lined plate. Cover with another towel and place a heavy plate on top. Press for 15 minutes to remove excess water.
- 2 Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.**
- 3 Prepare the tofu**

Cut the pressed tofu into 3/4-inch cubes. Place in a large bowl and drizzle with 2 tablespoons avocado oil and 1 tablespoon soy sauce.
- 4 Toss the tofu gently until all pieces are evenly coated with oil and soy sauce.**
- 5 Make the coating**

In a separate bowl, whisk together 1 teaspoon cornstarch, 1 teaspoon onion powder, 1 teaspoon garlic powder, 1 teaspoon paprika, and 1 teaspoon each salt and black pepper until well combined.
- 6 Sprinkle the seasoning mixture over the tofu and toss gently until every piece is evenly coated.**
- 7 Bake the tofu**

Arrange the coated tofu cubes on the prepared baking sheet, leaving space between each piece. Bake for 15 minutes.
- 8 Flip each piece using a thin spatula and bake for another 15 minutes until golden brown and crispy on all sides.**
- 9 Remove from oven and let cool for 2-3 minutes before serving. Serve hot with your preferred dipping sauce.**

Tips

Always use extra-firm tofu and press it for at least 15 minutes to remove excess water. For even better results, press for 30 minutes or use a tofu press for convenience.

Cut tofu cubes uniformly to ensure even cooking. Aim for 3/4-inch cubes - smaller pieces may dry out while larger ones may not cook through properly.

Don't overcrowd the baking sheet. Leave space between pieces to allow hot air circulation, which is essential for achieving crispiness on all sides.

Flip the tofu halfway through baking to ensure even browning. Use a thin spatula to prevent breaking the crispy coating that's forming.

For extra flavor, marinate the pressed tofu in soy sauce and seasonings for 15-30 minutes before coating with cornstarch.

Preheat your oven fully before baking. A properly heated oven ensures the tofu starts crisping immediately rather than steaming.

Store leftover baked tofu without sauce to maintain crispiness. Add sauces just before serving to prevent sogginess.

Double the recipe when meal prepping - baked tofu keeps well and having extra on hand makes weeknight dinners much easier.