

AIR FRYER SALT AND PEPPER TOFU



SERVING SIZE

3



INGREDIENTS

ITEM

Medium Firm Tofu, Cut
Into Cubes
Salt
Water
Garlic Cloves, Minced
Red Pepper, Diced

QUANTITY

16 Oz.
1 Tbsp.
2 Cups
3
½

ITEM

Green Onion, Thinly Sliced
Garlic Salt
White Pepper

QUANTITY

1
½ Tsp.
To Taste



PREPARATION

- Preheat your air fryer to 375°F (191°C). Lightly spray the basket with oil.
- In a bowl, dissolve 1 tbsp. salt in 2 cups of water.
- Add the tofu cubes and let them soak for 10 minutes. Drain and pat dry with a paper towel.
- Arrange the tofu in a single layer and air fry for 12-15 minutes, shaking the basket halfway through.
- While the tofu cooks, heat a skillet with a drizzle of oil over medium heat.
- Add garlic and diced red pepper. Sauté for 1-2 minutes until fragrant.
- Add the crispy tofu to the skillet. Season with garlic salt and white pepper, then toss to combine.
- Garnish with green onions and serve hot.