

Recipe: Vegan Chick'n Nuggets

Recipe makes 8 chick'n nuggets

Ingredients:

- Firm tofu: 250 grams (8.8 ounces)
- Vegan "chicken" stock cube (gluten-free) (size: 4.9 grams/.17 ounces) (If you wish to lower the salt, select a reduced salt vegan stock cube, or add half the standard cube)
- Sesame seeds: 2 tablespoons
- Maple syrup: 2.5 tablespoons
- Garlic: 3 cloves chopped finely

Method:

Prepare your marinade: Crush your stock cube into a bowl, add the sesame seeds, maple syrup and garlic cloves and mix together.

Cut your tofu into nugget sized pieces. Add the marinade mix until the tofu pieces are completely coated.

Cover and refrigerate overnight.

Preheat your oven to 180°C/356°.

Then place onto your oven tray lined with non-stick baking paper. Top the tofu pieces with the sesame seeds and garlic pieces that are remaining in the bowl. Bake for 20 minutes or until golden brown.

Serve with oven-baked chips or wedges, a lemon slice and sliced avocado.