



Air Fryer Tofu Bites With Soba Noodle Salad (Vegetarian)

Ingredients

- 450 g Firm Tofu
- 1 Egg White
- 1 pkt MAGGI Crispy Salt and Pepper Seasoned Coating
- 5 g Spray Oil, Canola, Cooking
- 90 g Soba Noodles
- 120 g Carrots
- 50 g Spring onions
- 0.5 Bunch Coriander
- 0.5 Bunch Mint
- 140 g Lebanese Cucumber
- 200 g Sweet Pepper
- 70 g Unsalted Roasted Peanuts
- 20 g Fried Shallots
- 0.25 cup Lime Juice
- 2 tbsps Fish Sauce
- 1 tbsp Light Soy Sauce
- 2 tbsps Sweet Chilli Sauce

Instruction

1. Grease and line a large baking tray. Pat tofu cubes dry with absorbent paper. Preheat air fryer to 180°C for 5 minutes.
2. Dip tofu pieces in egg white, shake off any excess. Arrange tofu on prepared tray; sprinkle with a little of the MAGGI Crispy Salt and Pepper Seasoned Coating; pat down coating firmly, turn over and repeat until all sides are coated.
3. Spray air fryer basket with oil spray. Carefully transfer tofu to air fryer basket in a single layer. Spray with cooking oil spray.
4. Cook on 180°C for 8 minutes, turning halfway through cooking time, or until golden and crispy. Cook in batches, if necessary.
5. Meanwhile, combine noodles, carrot, spring onions, coriander, mint, cucumber and red capsicum in a large bowl. Add combined lime juice, fish sauce, light soya sauce and sweet chilli sauce; mix well. Divide salad evenly among serving plates; top with tofu bites, and sprinkle with peanuts and shallots to serve.

Nutrition

Carbohydrates	38.14 g
Energy	433.37 kcal
Fats	11.71 g
Protein	26.23 g

🕒 35 Minutes

⊕ 4