

Crispy Air Fryer Tofu and Asparagus



TOTAL TIME

50 mins



COURSE

Dinner, Lunch



SERVINGS

7 serving

CALORIES

231 kcal

INGREDIENTS

- 1/2 c low sodium soy sauce or coconut aminos for soy free
- 6 tsp brown sugar
- 1/2 tsp fresh ground pepper
- 2 16-oz blocks extra-firm tofu cut into 1/2 inch thick rectangles (can use non-soy tofu for soy-free, such as fava, chick pea)
- 2 Tbsp cornstarch
- 4 tsp sesame oil divided
- 3 tsp salt divided
- 2 lb asparagus cut into 3 inch pieces
- 4 garlic cloves minced
- 1/2 tsp chinese five spice
- 3 1/2 tsp toasted sesame seeds
- Cilantro as garnish

INSTRUCTIONS

1. In a medium pot, combine 2 c brown rice and 4 c water. Cook as normal.

2. Stir ½ c soy sauce, 6 tsp brown sugar, ½ tsp fresh ground pepper in a large and resealable container like a large Tupperware or large Ziploc bag. Remove 3 1/2 Tbsp of the liquid for later.
3. Pat the tofu slabs dry and add to the marinade container. Gently shake to coat the tofu. Let stand for 15-20 minutes.
4. Add 2 Tbsp cornstarch, 2 tsp sesame oil, and 2 tsp salt. Gently shake to combine.
5. Arrange tofu in your air-fryer basket in a single layer (you may need to do this in a couple batches depending on the size of your air-fryer). Cook at 400°F for 20 minutes until crispy. Repeat until all tofu is cooked.
6. In a large bowl, add 2 lb asparagus, ½ tsp chinese five spice, 2 tsp sesame oil, and 1 tsp salt and toss together well to coat.
7. Arrange asparagus in the air fryer basket evenly. They can overlap a little, but do not over-crowd. Cook at 375°F for 6 minutes, shaking the basket once at 3 minutes. Repeat in batches until all asparagus is cooked.
8. In 7 meal prep containers, evenly add the tofu and asparagus. Drizzle ½ Tbsp of the reserved marinade and ½ tsp sesame seeds over each one.

NUTRITION

Nutrition Facts

Crispy Air Fryer Tofu and Asparagus

Amount Per Serving (1 g)

Calories 231 Calories from Fat 99

% Daily Value*

Fat 11g **17%**

Carbohydrates 13g **4%**

Protein 22g **44%**

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!