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Crispy Baked Peanut Tofu Bowl

by: claire cary

Simple, delicious, and approved by both kids and adults, this baked peanut tofu buddha bowl is the ultimate weeknight dinner recipe! It's vegan, gluten free, and smothered in the most delicious creamy peanut sauce there is.

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Prep: 10 mins

Cook: 35 mins

Total: 45 mins

4

Ingredients

Bowl:

- ☐ 2 cups cooked rice quinoa or rice noodles are also great
- ☐ 1 avocado
- ☐ 2 red bell peppers
- ☐ 3 cups chopped kale
- ☐ 4 green onions chopped
- 1 tbsp olive oil

☐ Optional: chopped peanuts for garnish

Tofu:

- ☐ 1 block extra firm tofu
- ☐ 1 tbsp low sodium tamari or soy sauce
- ☐ 1 tsp toasted sesame oil
- ☐ 1 tsp maple syrup or honey
- ☐ 2 tbsp corn starch
- ☐ 2 tbsp gluten free plain breadcrumbs or regular
- ☐ ½ cup peanut sauce [click for recipe](#)

Instructions

Remove the tofu from the package and drain out the excess liquid. If you're using extra firm tofu, you shouldn't need to press it, but you are more than welcome to.

Chop the tofu into small cubes, about 1/2 to 1 inch.

Add to a bowl with the marinade (1 tbsp tamari, 1 tsp sesame oil, and 1 tbsp maple syrup).

Let marinate for about 20 minutes.

Preheat the oven to 375 Fahrenheit.

Once marinated, toss with the cornstarch, then toss with the breadcrumbs. Add to a baking sheet lined with parchment paper, leaving space between each piece so they can really get crispy.

Bake for 25-30 minutes or until golden brown and crispy.

While baking, prepare your sauce and veggies. The sauce calls for 1/4 - 1/2 cup of water to thin it out for this recipe, you'll want to use closer to 1/2 cup. The sauce makes more than you will need for this recipe, but it stores really well in the fridge so you can save it for noodles or use as a dip for veggies.

Slice the red peppers into thin strips and add to a pan with 1 tbsp of oil. Saute for 10 minutes or until it starts to brown on the sides. Add in the kale and let wilt for 1-2 minutes.

When the tofu is done, remove from the oven and let cool for 5 minutes. Toss with 1/2 cup of sauce.

Assemble your bowls starting with the rice, add the veggies, avocado, scallions and tofu and drizzle with the remaining sauce.

Notes

After you toss the tofu with the peanut sauce, you can pop it back in the oven to make it extra crispy, or enjoy as is.

You can use any color bell pepper, but I personally think red ones have the best flavor when sauteed.

The arrowroot can be subbed for corn starch or tapioca starch.

Serving: 1 bowl / Calories: 452kcal / Carbohydrates: 42.7g / Protein: 16.5g / Fat: 26g / Fiber: 8.1g



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