

Vegan Crispy Tofu with Lemon Dill Cream Sauce

Crispy, crunchy baked tofu drizzled with the most amazing lemon dill sauce!

Prep Time	Cook Time	Total Time
1 hr	30 mins	1 hr 30 mins



★★★★★

4.96 from 48 votes

Course: Main Course Servings: 4 Calories: 355kcal

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Ingredients

Crispy Tofu

- 1 Block(15oz.) Extra firm or super firm tofu, pressed
- 1 Cup Vegetable broth
- 1/4 Cup Lemon juice
- 2 Tablespoons Olive oil
- 2 teaspoons Salt, divided
- 1 1/3 Cup Cornstarch
- 3/4 Cup Bread crumbs, vegan (gluten-free if desired)

Lemon Dill Cream Sauce

- 1 Tablespoon Olive oil
- 1 Large Shallot, chopped
- 1/2 Cup Vegetable broth
- 2 Tablespoons Lemon juice, plus more to taste
- 1 Cup Coconut cream or full fat coconut milk*
- 1/4 Cup Fresh dill, chopped
- Salt and Pepper to taste

Instructions

1. Press the tofu first, if you need more info on pressing tofu, check out my Tofu Cooking Guide!
2. Once the tofu has been pressed, make the marinade for it. Whisk together the vegetable broth, lemon juice, olive oil and 1 teaspoon of salt in a large mixing bowl.
3. Then, cut the block of tofu into whatever shapes you want. I like to slice the tofu into slices that are about 1/3-1/2 inch thick and then cut those diagonally so I have small triangles. You just want them to be about that thickness.
4. Now, place all of the tofu into the marinade and let marinate for at least an hour. The longer the better, and you can even do it in the morning when you want it for dinner or the night before.

5. When ready to make the tofu, preheat the oven to 375 degrees(F).
6. Remove the tofu from the marinade and set it on a plate or in a bowl. Reserve the marinade, we will be using it to help bread the tofu.
7. Now, get two more medium sized mixing bowls. In the first one, add the cornstarch and the remaining 1 teaspoon of salt. Stir. In the second bowl, add the bread crumbs.
8. Then, put a few pieces of tofu into the cornstarch, coat them completely, shake off any excess, then put the tofu into the marinade and make sure the tofu is completely wet, then back in the cornstarch, then back in the marinade making sure the tofu is nice and wet, then into the bread crumbs coating completely.
9. Place the tofu onto a baking sheet sprayed with non-stick spray. Repeat with all the tofu, then spray the tops of the tofu with more non-stick spray.
10. Bake the tofu for 20 minutes, then flip and bake 15-20 more minutes or until the tofu is golden brown and firm.
11. While the tofu is baking, make the sauce. In a medium sized non-stick skillet, heat the olive oil on medium high.
12. Add the shallot and saute, reducing heat as needed until the shallot is translucent. About 5 minutes.
13. Then pour in the vegetable broth, lemon juice, and coconut cream. Stir to combine and season with a pinch of salt and pepper.
14. Reduce heat to medium low and simmer for about 15 minutes, the sauce will reduce a bit and get a little thicker. Now, add the dill and simmer for another 5 minutes.
15. Taste and adjust seasonings. I like to add a bit more lemon juice and salt and pepper.
16. Once the tofu is done, serve the tofu with the sauce on top. Keep the tofu and sauce separate until serving so the tofu doesn't get soggy.

Notes

*The sauce might have a slight coconut taste, but I really think it works, and I don't really think it is noticeable at all. Once the sauce reduces, you really can't tell!

Nutrition

Calories: 355kcal | Carbohydrates: 52g | Protein: 10g | Fat: 15g | Saturated Fat: 5g | Sodium: 483mg | Potassium: 80mg | Fiber: 1g | Sugar: 2g | Vitamin A: 414IU | Vitamin C: 9mg | Calcium: 27mg | Iron: 1mg