delightfulvegans.com

CAJUN SPICED TOFU (by Katie)
(Serves 2) (Adapted to be oil-free)

"Delight yourself by making this Cajun Spiced Tofu recipe! Great in salads, on a burger or just by itself with vegetables, it's sure to be a winner."

Cajun Seasoning

- 1/2 cup Bread Crumbs
- 1 tsp Paprika
- 1/4 tsp Cayenne Pepper
- Pinch of Salt
- 1 tsp Cumin Powder
- 1/4 tsp Chilli flakes
- 1 tsp Thyme
- 1/2 tsp Black Sesame Seeds

Tofu & Batter

- About 10 oz Tofu, sliced
- Chickpea Brine from one can
- 1/2 cup Flour





1. Preheat oven to 350 degrees F.
2. Add all the ingredients of the Cajun Seasoning to a mixing bowl and mix well
3. Add the Flour, Chickpea Brine to their own bowls
4. Place each strip of tofu into the Flour to cover them
5. Then take the floured tofu strips and soak them in the chick pea brine
6. After that, place the wet tofu into the cajun seasoning and cover well
7. Place tofu strips on a nonstick baking sheet. Bake at 350F for 25 minutes, turning once.

Delightful Vegans is the website created by Josh and Katie. They write: "We've come to entertain you with our travel and food adventures. We have a vast range of plant based recipes designed for all skill levels – from super easy to a little more difficult. You'll also find some healthy recipes and some not so healthy (but still super tasty!)" Katie is the foodie and Josh is the photographer.