

Tofu Popcorn Chick'n <http://www.buzzfeed.com/deenashanker/26-vegan-versions-of-your-favorite-comfort-foods#.eaEQj57MQ>



Vegan and gluten free coated tofu chick'n pieces. Throw in a lettuce wrap, eat with chips, or serve them as an appetizer.

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Ingredients:

- 350g / 13oz block firm or extra firm tofu
- 1/3 cup [chickpea/garbanzo flour](#)
- 1/4 cup [nutritional yeast](#)
- 1 Tbsp [wet mustard](#) (any kind: dijon, wholegrain etc)
- 1 tsp salt
- 1 tsp [all purpose seasoning](#) (try [cajun](#) or [lemon pepper](#) for different flavors)
- 1/2 tsp [pepper](#)
- 1/3 - 1/2 cup water
- 2-3 Tbsp [extra virgin olive oil](#) or [coconut oil](#)

Method:

1. [Press tofu](#) for about **10 minutes**. Drain tofu, wrap in paper towels or clean tea towel, and place heavy items on top to press. I use a heavy chopping board with some weights on top.
2. Meanwhile, prepare the coating.
3. Combine all dry ingredients in a bowl.
4. Slowly add the water, whisking as you go. The coating should be the consistency of pancake batter.
5. Add mustard and mix.
6. Break the tofu into big crumbles into the coating. You can also chop into 'sticks' or into nugget sized pieces. I prefer to do crumbles as its less fussy to cook and comes out just as good.
7. Combine tofu and coating.
8. Heat oil in a [non stick pan](#).
9. Pour the tofu mix into the pan and spread so the tofu is on a single layer.
10. Cook on both sides until golden brown, adding oil as needed.