



Garlic Roasted Tofu

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
3-4 People	10 MIN	30 MIN		10

Garlic roasted tofu is a crispy and flavorful plant-based dish made with tofu, garlic, and simple seasonings. Roasting gives the tofu a golden exterior while keeping it soft inside. This easy recipe is perfect for vegan meals, meal prep, or adding protein to bowls and salads. It's simple, healthy, and packed with garlic flavor.

Ingredients

- 14 oz firm tofu, pressed and cubed
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 1 tablespoon soy sauce
- 1 teaspoon cornstarch (*optional, for crispiness*)
- Salt and pepper to taste
- Optional: chili flakes or sesame seeds

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 25-30 minutes
- Total Time: 35-40 minutes
- Servings: 3-4
- Course: Main / Side
- Cuisine: International

Cooking Method

Instructions

1. Preheat oven to **400°F (200°C)**.
2. Press tofu to remove excess moisture, then cut into cubes.
3. In a bowl, toss tofu with olive oil, garlic, soy sauce, and cornstarch.
4. Spread tofu evenly on a baking sheet.
5. Bake for **25-30 minutes**, flipping halfway through.
6. Remove when golden and crispy.
7. Sprinkle with chili flakes or sesame seeds if desired.
8. Serve warm.

Cooking Tips

- Press tofu well for better texture
- Spread in a single layer for even roasting
- Flip halfway for crispiness

Variations

- Add teriyaki or garlic sauce
- Add vegetables like broccoli or peppers
- Use smoked paprika for extra flavor
- Toss with lemon juice before serving

What to Serve with Garlic Roasted Tofu

- Rice or quinoa
- Noodles
- Salads
- Stir-fried vegetables

Storage

Store in an airtight container in the refrigerator for up to **3-4 days**.

Reheating

Reheat in the oven or air fryer for best texture.

Frequently Asked Questions

How do I make tofu crispy?

Press well and use high heat.

Can I air fry tofu?

Yes, cook at 375°F (190°C) for 15-18 minutes.

Is tofu healthy?

Yes, it's high in protein and plant-based nutrients.

Recipe Author

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Generated on: Jul 11, 2026 02:53

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