

Vegan Chicken Wings

These Vegan Chicken Wings are basically my veganised copycat recipe for the infamous KFC saucy wings. Crunchy tender tofu chicken covered in the best crumb coating and sticky sweet chilli sauce. A gluten-free option is also available.



No ratings yet

Prep Time	Cook Time	soaking time
5 mins	45 mins	30 mins

Course: Main Course Cuisine: American

Keyword: eggless, plant-based, tofu, vegan, vegan chicken, vegetarian

Servings: 6 pieces

Calories: 814kcal Author: Reena Sharma

Ingredients

- 800 g firm tofu thawed from frozen
- 200 g plain flour or gluten-free plain flour
- 30 g cornflakes / crisped rice optional
- 2 tbsp onion powder
- 2 tbsp garlic powder
- 1 tbsp smoked paprika
- 1 tsp white pepper
- 1 tbsp yeast flakes
- 1 tsp ground allspice
- 1 ½ tsp salt
- 500 ml boiling water
- 3 tbsp cornstarch
- 120 ml plant milk
- 200 ml sweet chilli sauce
- Oil to cook

Instructions

1. Press the tofu block between 2 chopping boards or 2 flat plates and, holding over a sink, squeeze out as much water as possible – be careful not to rip tofu as it will be quite fragile.
2. Carefully tear the tofu into 6 pieces.
3. In a large bowl, add the boiling water along with 1 tbsp garlic powder, 1 tbsp onion powder and ½ tsp salt and stir. Allow to cool to room temperature.
4. Transfer tofu to water and leave to soak for 30 minutes.
5. In the mean time, add the cornstarch to the plant milk and whisk briefly to make a smooth

paste and leave aside.

6. Combine remaining dry ingredients until well mixed.
7. One by one, add each piece of tofu first to the cornstarch milk paste and then coating completely in the breadcrumb mix.
8. Place on a baking tray lined with greaseproof paper.
9. Continue until all tofu pieces are coated.
10. Brush or spray with oil on both sides and bake in the oven for 45 minutes, flipping over halfway.
11. Brush with sweet chilli sauce and serve.

Notes

- Any type of stock can be used rather than the water infused with garlic and onion powders.
- Sweet chilli sauce can be replaced with other sauces such as BBQ, sriracha or honey mustard.
- Gluten-free plain flour can be used instead of plain flour.