

# Seeded Tofu Schnitzel

**Serves:** 8  
**Prep:** 30 mins  
**Cook:** 8 mins



**Dietary:** NF, VEG, GF, DF  
**Allergens:** Eggs, Soy  
**Age group:** 8 months+



**MindChamps®**

early learning • preschool • Kindergarten

# Seeded Tofu Schnitzel

## Ingredients

- 1/3 cup (46g) arrowroot
- 2 eggs
- 1 cup (150g) rice breadcrumbs
- ½ cup (60g) ground mixed seeds (flaxseeds, pepitas, sunflower seeds, chia seeds)
- 1040g firm tofu, sliced into thin fillets or rectangles
- Pepper, to taste
  
- Extra virgin olive oil, for frying
  
- Lemon wedges, to serve with

**Serving Suggestion:** Serve with lemon wedges, mashed potatoes, and seasonal vegetables.

## Method

1. Prepare 3 shallow medium-sized bowls.
2. Add the arrowroot to the first bowl.
3. Add eggs to the second bowl. Whisk eggs.
4. In the third bowl, place the ground mixed seeds and breadcrumbs and mix to combine.
5. Season tofu fillets with pepper then dip each fillet into the arrowroot, then into the eggs and finally into the crumb mix. Press down firmly to ensure that the tofu is coated with the crumbs.
6. Heat olive oil in a large frying pan over medium heat. Place the schnitzels in a single layer in the pan and fry for approximately 3-4 mins on each side. Alternatively, drizzle crumbed schnitzels with a little extra virgin olive oil and bake them in the oven at 180°C for 25-30 mins. Allow to cool slightly on some paper towel before serving.

**Storing Leftovers:** Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

---

## Tips

- ✓ **Allergies:** For an egg-free version: Dip the tofu fillets into milk instead of eggs before crumbing them.
- ✓ **Easy ingredient swaps:** Swap pepitas for sunflower seeds.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.