



## Vegan Crispy Chick'n Caesar Salad

★ ★ ★ ★ ★ 5 from 4 reviews

Author: Brittany at [ilovevegan.com](http://ilovevegan.com) Yield: 4  Category: Salad, Main Course Cuisine: Vegan

### Description

Crisp romaine lettuce coated in a garlick-y Caesar dressing topped with fresh croutons and crispy, fried tofu chick'n.

### Ingredients

SCALE

2 heads of romaine, trimmed and chopped into bite-sized pieces  
1 recipe Vegan Caesar Dressing  
3–4 tbsp Cashew Parmesan  
1 recipe Crisp Tofu Chick'n  
1 recipe Stove Top Croutons  
freshly cracked black peppercorns, to taste  
sea salt, to taste  
lemon wedges

#### VEGAN CAESAR DRESSING

1 cup raw cashews, soaked overnight  
1/2 cup water  
1/2 tbsp olive oil  
1 1/2 tbsp lemon juice  
2 tsp capers + 1 tsp caper brine  
2 cloves garlic  
1 1/2 tbsp nutritional yeast  
1/4 tsp sea salt, plus more to taste  
freshly cracked black pepper, to taste  
sprig parsley, for colour

#### CASHEW PARMESAN

1 cup raw cashews  
1/2 tsp garlic powder  
1/4 tsp onion powder  
1/4 tsp sea salt

#### STOVE TOP CROUTONS

2 cups stale bread cubes  
3 tbsp vegan butter  
1/2 tsp garlic powder  
1/2 tsp onion powder

#### CRISPY TOFU CHICK'N

1/2 350g block extra-firm tofu  
1–2 tbsp all purpose flour

1 tbsp + 1/2 tbsp soy sauce, divided  
1 tbsp corn starch  
2 tbsp water  
2/3 cup bread crumbs  
vegetable oil, for pan frying

## Instructions

### VEGAN CAESAR DRESSING

- 1 Combine all ingredients in a blender and blend until smooth and creamy, scraping down the sides as needed. Taste and adjust seasoning to your liking.
- 2 Chill in refrigerator.

### CASHEW PARM

- 1 Combine all ingredients in a food processor and pulse until the mixture resembles dried Parmesan cheese. Do not over process. Store in an air tight container.

### STOVE TOP CROUTONS

- 1 In a medium-large skillet, melt vegan butter over medium heat and add garlic and onion powder.
- 2 Stir in the bread cubes, coating evenly. Continue cooking (stirring often) until bread is crisp and toasty.

### CRISPY TOFU CHICK'N

- 1 Slice 1/2 of a block of tofu into 4 thin, square slices. Use paper towel or a clean tea towel to press out any excess moisture. The tofu should be nearly dry to the touch.
- 2 In a shallow bowl or plate, cover the tofu with 1 tbsp of soy sauce (coating evenly), and wait a minute or two. Most of the soy sauce should be absorbed, wipe off any excess with paper towel.
- 3 Breading: You'll need 3 shallow bowls or plates in a line. (1) with 1-2 tbsp all-purpose flour, (2) with 1 tbsp corn starch, 1/2 tbsp soy sauce, and 2 tbsp water, mixed well, and (3) 2/3 cup of bread crumbs. Using 1 hand, lightly coat the tofu in flour, dip it quickly in the wet soy sauce/cornstarch mixture, and then dip/coat with bread crumbs (press them firmly onto the tofu.)
- 4 Heat oil in a skillet over medium heat. Fry tofu until golden brown and crispy on both sides. Drain on paper towel.

### ASSEMBLING SALADS

- 1 Toss chopped romaine lettuce with Caesar dressing + 1 tbsp cashew parm. Top with extra vegan parm, croutons, sliced tofu chick'n, and a sprinkle of sea salt and freshly cracked black peppercorns. Enjoy immediately.



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