

Healthy

SESAME TOFU BOWL



Sesame Tofu Bowl

INGREDIENTS

- 14 oz. extra-firm tofu
- 2 small heads of broccoli
- 2 scallions
- 1 (1") piece ginger, peeled
- 2 garlic cloves, peeled
- 3/4 cup low-sodium vegetable broth
- 1/2 cup reduced-sodium soy sauce
- 1/4 cup pure maple syrup
- 2 Tbsp. chili crisp
- 2 Tbsp. unseasoned rice vinegar
- 2 Tbsp. toasted sesame oil
- 1 Tbsp. plus 1/3 cup cornstarch, divided
- 4 Tbsp. neutral oil, divided
- Kosher salt
- Toasted sesame seeds and steamed white rice, for serving



METHOD

- 01** Place 3 layers of paper towels or a clean kitchen towel on a plate. Place tofu on towels and cover with another 3 layers of towels or another clean kitchen towel. Place a heavy can or skillet on top of tofu to press moisture out, pouring off excess water and replacing towels as they get soaked, 30 to 45 minutes
- 02** Meanwhile, preheat oven to 425°. Cut broccoli heads into florets. Thinly slice scallions and separate green and white parts. Into a medium bowl or large measuring cup, grate ginger and garlic. Add white scallion parts, broth, soy sauce, maple syrup, chili crisp, vinegar, sesame oil, and 1 tablespoon cornstarch and whisk to combine.
- 03** Break tofu into rough 1" pieces and transfer to a large bowl. Sprinkle with 1/2 teaspoon salt, drizzle with 1 tablespoon neutral oil, and gently toss tofu to coat. Sprinkle with remaining 1/3 cup cornstarch and gently toss until tofu is coated. Arrange on a parchment-lined baking sheet and drizzle with 2 tablespoons neutral oil.
- 04** Bake tofu, turning halfway through, until light brown and crisp, about 25 minutes.

METHOD

05

When tofu has about 12 minutes remaining, in a large skillet or wok over medium-high heat, heat remaining 1 tablespoon neutral oil. Add broccoli; season with salt, then toss to coat broccoli with oil. Cook, stirring frequently, until broccoli is starting to char, 4 to 5 minutes. Transfer broccoli to a plate.

06

Reduce heat to medium. Whisk sauce to reincorporate cornstarch and pour into skillet. Bring to a simmer and cook, stirring occasionally, until slightly thickened, about 4 minutes. Add broccoli and tofu to skillet and toss to coat in sauce. Top with green scallion parts and sesame seeds. Serve over rice.

Enjoy!!