

KUNG PAO TOFU with BROCCOLI

Yields: 3-4 servings

ingredients

Tofu:

1, 14 - 16 oz package organic, firm or extra firm tofu
1 tablespoon maple syrup
1 pinch cayenne pepper, or more for more heat
4 tablespoons cornstarch or arrowroot powder
1 tablespoon high heat oil (i.e. avocado oil)

Sauce:

1 tablespoon fresh, minced ginger root
2 cloves garlic, minced
1 pinch red chili flakes, or more for more heat
1 tablespoon rice vinegar
1 tablespoon toasted sesame oil
2 tablespoons coconut aminos (or, soy sauce/tamari)
1 tablespoon Hoisin sauce
1 teaspoon onion powder
1 tablespoon sugar
1 tablespoon cornstarch or arrowroot powder
¼ cup vegetable broth

4 cups broccoli florets (fresh or frozen)
1 ½ cups dry brown rice
Or, 3 cups cooked brown rice



directions

Begin by preparing the tofu. Open the tofu package, drain, and press the tofu for 10-15 minutes. If you aren't sure how to press tofu, here's [a quick video](#).

While the tofu is being pressed, if you need to make your rice - start it. I like to use an InstantPot to cook mine while I do the rest of the cooking.

Cut and wash the broccoli (if fresh). Prepare a large pot to steam the broccoli for about 5 minutes. Here is a quick [video on how to steam broccoli](#). Once done, set aside.



When the tofu is pressed, cut into uniform cubes. Add to a mixing bowl. Drizzle with 1 tablespoon maple syrup and a pinch of cayenne pepper. Lightly toss. Next, add 4 tablespoons cornstarch and toss together. I like to use a rubber scraper to fold the tofu to help prevent it from crumbling.

Heat a large skillet to medium-high heat. Once hot, add 1 tablespoon high heat oil. Once the oil is hot, add the tofu into as even of a layer across the pan as possible. Allow the tofu to brown for about 4-5 minutes and flip tofu, aiming to brown all sides (if possible).

While the tofu is cooking, make the sauce.

In a small bowl, add the ginger, garlic, red chili flakes, rice vinegar, sesame oil, coconut aminos, hoisin sauce, onion powder, sugar, cornstarch, and ¼ cup vegetable broth/stock (water would do fine as well). Stir until well combined.

When the tofu is browned to your liking, add the sauce. Mix and gently coat the tofu with the sauce and cook for 3-4 minutes.. The sauce should thicken a little as it heats. Feel free to add the cooked broccoli to the pan to add some sauce to the broccoli - or simply keep it on the side.

Serve tofu and broccoli over cooked brown rice. Enjoy!



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