





General Tso's Tofu

with Broccoli and Soba Noodles

 20-30min  4 Servings

This type of tofu is very silky. Tossing tofu in cornstarch and shallow frying gives it a nice crispy outside. Broccoli and soba are perfect vehicle for sauce. Easy weeknight meal/Take-out food made at home. Cook, relax, and enjoy!

What we send

- broccoli crowns
- scallion
- soba noodles
- fresh ginger
- rice vinegar
- chili garlic sauce ¹⁷
- cornstarch

What you need

- coarse salt
- sugar

Tools

- colander
- large nonstick skillet
- large pot

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 519.0kcal, Fat 17.0g, Proteins 27.3g, Carbs 68.2g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Remove **tofu** from package and slice into ½-inch thick slabs. Place tofu slabs between paper towels to dry. Peel and finely chop **ginger**. Cut **broccoli** into small florets. Trim ends from **scallions** and cut into 1-inch lengths.



4. Blanch broccoli

Meanwhile, add **broccoli** to boiling water and cook until almost tender, about 4 minutes. Use a slotted spoon to remove broccoli and transfer to a strainer; drain well. Bring water back to a boil.



2. Make sauce

In a small bowl, whisk **tamari**, **rice vinegar**, **chopped ginger**, **chili garlic sauce**, **3 tablespoons sugar**, **½ cup water**, and **1 teaspoon cornstarch** to combine.



5. Cook soba

Add **soba noodles** to boiling water and cook, stirring gently, until al dente, 5–6 minutes. Drain and rinse very well under warm water (to remove starch and prevent noodles from sticking together), making sure to shake out any excess water. Divide soba noodles between plates.



3. Fry tofu

Heat **3 tablespoons oil** in a large nonstick skillet over high. Place **remaining cornstarch** in a shallow dish. Lightly coat **tofu** slices in cornstarch. Once the **oil** is shimmering, add tofu in a single layer and cook, flipping halfway through, until crispy and dark golden brown, about 6 minutes. Transfer tofu to a plate.



6. Finish

Reheat skillet over high and, if necessary, add **1 teaspoon oil**. Add **scallions** to skillet and cook until charred in spots, about 1 minute. Add **tofu** and **broccoli** to skillet. Whisk **sauce** and pour into skillet. Cook until sauce thickens slightly, about 2 minutes. Spoon **tofu**, **broccoli**, and **sauce** all over the **soba noodles**. Enjoy!