





VEGAN

General Tso's Tofu

with Ginger Broccoli & Brown Rice

 20-30min  2 Servings

Let's talk about tofu. First, what is it? To put it simply, it's bean curd. How is it made? Coagulated soy milk is compressed to squeeze out moisture, the result is a silky block of tofu. Why is it so good? It's protein packed with a neutral taste perfect for soaking up bold flavors—even more so after it's been lightly fried and tossed in a sweet chili garlic sauce, channeling all the General T...

What we send

- broccoli
- fresh ginger
- toasted sesame oil ¹¹
- scallions
- Thai sweet chili sauce
- quick-cooking brown rice

What you need

- kosher salt
- white wine vinegar ¹⁷

Tools

- fine-mesh sieve
- large nonstick skillet
- medium saucepan

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

Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 32g, Carbs 87g, Proteins 33g



1. Boil rice

Bring a medium saucepan of **salted water** to a boil over high heat. Add **rice** and boil like pasta, stirring occasionally, about 22 minutes, or until just tender. Drain rice in a fine-mesh sieve.



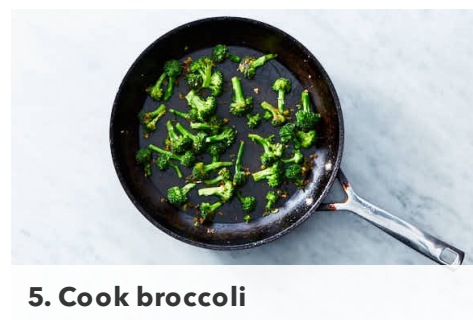
4. Fry tofu

Heat **1/8 inch oil** over medium-high in a large nonstick skillet. Add **tofu** and cook, turning once, until golden and crisp, 8-10 minutes (be careful as it may splatter). Using a slotted spoon, transfer tofu to a paper towel-lined plate; sprinkle with **salt**.



2. Prep ingredients

While **rice** cooks, drain **tofu** and cut into 3/4-inch cubes. Pat **tofu** very dry to avoid spattering oil when cooking, and let sit on a paper towel-lined plate. Trim end from **broccoli**, then cut into 1-inch florets. Peel and finely chop **1 1/2 tablespoons ginger**. Trim ends from **scallions**, then thinly slice.



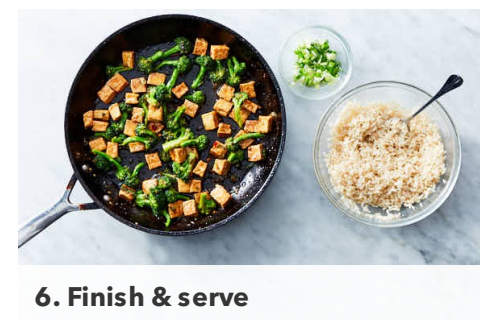
5. Cook broccoli

Pour off **all but 1 1/2 tablespoons oil** from skillet and return to medium-high heat. Add **broccoli, chopped ginger, 1/4 teaspoon salt, and 1/4 cup water**. Cover and cook until broccoli is crisp-tender, 2-3 minutes. Uncover, stir in **half of the scallions**, and cook, stirring, until water is evaporated and broccoli is browned in spots, 2-3 minutes.



3. Prep sauce

In a small bowl, combine **Thai sweet chili sauce, tamari, 1 tablespoon each vinegar and water, and 1 teaspoon of the sesame oil**.



6. Finish & serve

Return **tofu** to skillet along with **chili sauce mixture** and cook, stirring, until slightly reduced and tofu and **broccoli** are coated, 1-2 minutes. Serve **rice** topped with **tofu, broccoli, and sauce** and garnish with **remaining scallions**. Enjoy!