

DINNERLY



Crispy Tofu & Ready-to-Heat Rice

with Broccoli & Katsu Sauce



30-40min



2 Servings

| This version of the recipe is customized with ready-to-heat white rice.

WHAT WE SEND

- 1 pkg extra-firm tofu ⁶
- ½ lb broccoli
- 2 oz panko ¹
- 1.8 oz katsu sauce ^{1,6}
- 10 oz ready to heat jasmine rice

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- 1 egg ³

TOOLS

- medium nonstick skillet
- rimmed baking sheet

ALLERGENS

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 36g, Carbs 49g, Protein 38g



1. Cook rice

Heat **1 teaspoon oil** in a medium nonstick skillet over medium. Add **rice** and **2 teaspoons water**. Cook, stirring occasionally, until warm, 3–5 minutes. Transfer to a bowl; cover and set aside for serving. Wipe out skillet and reserve for step 4.

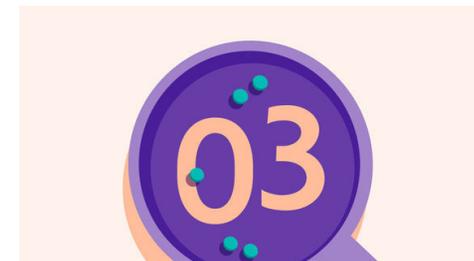


2. Prep tofu & broccoli

Preheat broiler with a rack in the top position.

Drain **tofu**; cut crosswise into 8 slices. Place on a paper towel-lined plate and carefully pat very dry. Season all over with **salt and pepper**.

Cut **broccoli** into 1-inch florets, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil** and **a pinch each of salt and pepper**. Set aside until step 5.



3. Bread tofu

In a shallow bowl, whisk together **1 egg** and **2 tablespoons water**; season with **salt and pepper**.

Place **panko** in a shallow baking dish; season with **salt and pepper**.

Dip each piece of **tofu** in **egg**, letting excess drip back into bowl. Dredge in **panko**, pressing to help adhere.



4. Pan-fry tofu

Heat **¼-inch oil** in reserved skillet over medium-high until shimmering (see step 6). Add **half of the tofu** (it should sizzle vigorously) and fry until golden brown and crisp, 4–5 minutes per side. Use a spatula to transfer to a paper towel-lined plate; season with **salt**. Repeat with remaining tofu.



5. Broil broccoli & serve

While **tofu** fries, broil **broccoli** on top oven rack until crisp-tender and lightly charred in spots, 3–5 minutes (watch closely). In a small bowl, slightly thin **katsu sauce** with **1 tablespoon water** at a time, as needed. Fluff **rice** with a fork.

Serve **crispy tofu** with **rice** and **broccoli** alongside, and **katsu sauce** drizzled over top. Enjoy!



6. How to: Pan-Fry!

Pssst! We have a couple quick tricks for the perfect crunch to your pan-fry. Make sure your oil is hot, hot, hot. If you drop a pinch of breading into the oil and it sizzles vigorously, then you're ready to go. When working in batches, always make sure your oil comes back up to temperature between batches.