



General Tso's Tofu

with Ginger Broccoli & Brown Rice



50min



2 Servings

Let's talk about tofu. First, what is it? To put it simply, it's bean curd. How is it made? Soy milk is compressed to squeeze out moisture and form a silky block of tofu. Why is it so good? It's protein-packed, with a neutral taste that's 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 vibes of General Tso's famous chicken.

What we send

- 5 oz brown rice
- 1 pkg extra-firm tofu ²
- ½ lb broccoli
- 1 piece fresh ginger
- 2 scallions
- 3 oz Thai sweet chili sauce
- ½ oz tamari soy sauce ²
- ½ oz toasted sesame oil ¹

What you need

- kosher salt
- white wine vinegar (or apple cider vinegar)
- neutral oil

Tools

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

Allergens

Sesame (1), Soy (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 34g, Carbs 93g, Protein 34g



1. Boil rice

Fill a medium saucepan with **salted water** and bring to a boil over high heat. Add **rice** and boil (like pasta), stirring occasionally, until tender, 35-40 minutes. Drain rice in a fine-mesh sieve. Return rice to saucepan and cover to keep warm until ready to serve.



4. Fry tofu

Heat **⅓ inch oil** over medium-high in a large nonstick skillet. Add **tofu** (be careful as it may spatter) and cook, turning once, until golden and crisp, 8-10 minutes. Using a slotted spoon, transfer tofu to a dry paper towel-lined plate; sprinkle with **salt**.



2. Prep ingredients

While **rice** cooks, drain **tofu** and cut into ¾-inch cubes. Pat tofu very dry (to avoid spattering oil when cooking) and set on a paper towel-lined plate. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Peel and finely chop **1½ tablespoons ginger**. Trim **scallions**, then thinly slice.



5. Cook broccoli

Pour off **all but 1½ tablespoons oil** from skillet and return to medium-high heat. Add **broccoli, chopped ginger**, and **¼ cup water**; season with **salt**. Cover and cook until broccoli is crisp-tender, 2-3 minutes. Uncover, stir in **half of the sliced scallions**; 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 of vinegar and water**, and **1 teaspoon sesame oil**. Set aside until step 6.



6. Finish & serve

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