



General Tso's Tofu

with Gingery 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 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

- quick-cooking brown rice (use $\frac{3}{4}$ cup)
- 1 pkg extra-firm tofu ⁶
- $\frac{1}{2}$ lb broccoli
- 1 oz fresh ginger
- 1 oz scallions
- 3 oz Thai sweet chili sauce
- $\frac{1}{2}$ oz tamari in fish-shaped pod ⁶
- $\frac{1}{2}$ oz toasted sesame oil (use 1 tsp) ¹¹

What you need

- kosher salt
- white wine vinegar (or apple cider vinegar) ¹⁷
- neutral oil, such as vegetable

Tools

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

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

Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 860kcal, Fat 45g, Carbs 86g, Proteins 34g



1. Boil rice

Bring a medium saucepan of **salted water** to a boil over high heat. Add **$\frac{3}{4}$ cup 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 **$\frac{1}{8}$ inch neutral 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 spatter). Using a slotted spoon, transfer tofu to another paper towel-lined plate; sprinkle with **salt**.



2. Prep ingredients

While **rice** cooks, drain **tofu** and cut into $\frac{3}{4}$ -inch cubes. Pat **tofu** very dry (to avoid spattering oil when cooking), and set on a paper towel-lined plate. Trim end from **broccoli**; cut into 1-inch florets. Peel and finely chop **$1\frac{1}{2}$ tablespoons ginger**. Trim ends from **scallions**; thinly slice.



5. Cook broccoli

Pour off **all but $1\frac{1}{2}$ tablespoons neutral oil** from skillet and return to medium-high heat. Add **broccoli, chopped ginger**, and **$\frac{1}{4}$ cup water**; season with **salt**. 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 teaspoon of the sesame oil**, and **1 tablespoon each vinegar and water**. Set aside.



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**. Garnish with **remaining scallions**. Enjoy!