

DINNERLY



Crispy Tofu Fingers & Broccoli with Rice & Japanese BBQ Sauce



30-40min



2 Servings

It doesn't matter who you are—kid, adult, Lady Gaga, Jon Snow—you like chicken fingers, and we know it. In this recipe, we're swapping chicken for tofu and giving it a Japanese twist. And, it might be better than the classic we grew up on. Katsu sauce, similar to tangy barbecue, gets drizzled over for the perfect balance of flavors when paired with bites of fluffy rice and charred broccoli. We've got you covered!

WHAT WE SEND

- garlic (use 1 large clove)
- 5 oz jasmine rice
- 1 pkg extra-firm tofu ⁶
- 2 oz panko ¹
- ½ lb broccoli
- 1 pkt katsu sauce ^{1,6}

WHAT YOU NEED

- neutral oil, such as vegetable
- kosher salt & ground pepper
- 1 large egg ³

TOOLS

- small saucepan
- rimmed baking sheet
- medium skillet

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 910kcal, Fat 40g, Carbs 98g, Protein 37g



1. Cook rice

Peel and finely chop **1 teaspoon garlic**. Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice** and **garlic**. Cook, stirring, until fragrant and rice is lightly toasted, about 1 minute. Add **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover, reduce heat to low, and cook until water is absorbed, about 17 minutes. Remove from heat and keep covered.



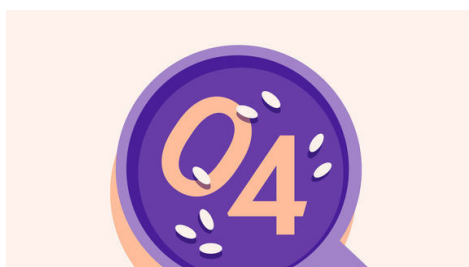
2. Prep tofu & broccoli

Preheat broiler with top rack 6 inches from heat source. Drain **tofu**, then cut crosswise into 8 slices. Place on a paper towel-lined plate and carefully pat tofu very dry. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. On a rimmed baking sheet, toss broccoli with **1 tablespoon oil** and **a pinch each of salt and pepper**.



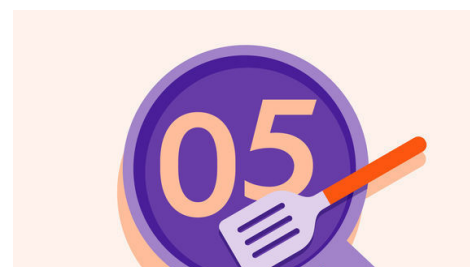
3. Bread tofu

Whisk **1 large egg** and **2 tablespoons water** in a shallow bowl. Place **panko** in a shallow baking dish. Season egg and panko with **salt** and **pepper**. Season **tofu** all over with **salt** and **pepper**. Dip each piece of tofu in **egg**, letting excess drip off. Dredge in **panko**, pressing to help adhere.



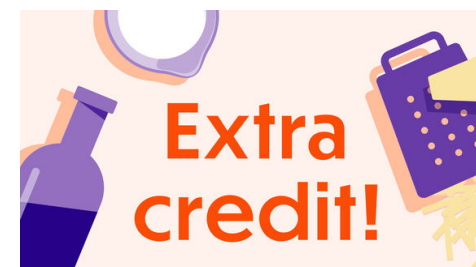
4. Pan-fry tofu

Heat **¼ inch oil** in a medium 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** by whisking in **1 tablespoon water** at a time, as needed. Fluff **rice** with a fork. Serve **crispy tofu fingers** 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.