



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? 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 quick-cooking brown rice
- 1 pkg extra-firm tofu ⁶
- ½ lb broccoli
- 1 oz fresh ginger
- scallions
- 3 oz Thai sweet chili sauce
- ½ oz tamari ⁶
- ½ oz toasted sesame oil ¹¹

What you need

- kosher salt
- white wine vinegar (or apple cider vinegar) ¹⁷
- neutral oil

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 800kcal, Fat 35g, Carbs 93g, Proteins 35g



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, about 22 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 neutral 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, if necessary. Peel and finely chop **1½ tablespoons ginger**. Trim **scallions**, then thinly slice about ¼ cup.



5. Cook broccoli

Pour off **all but 1½ tablespoons neutral 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**, 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 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** 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 sliced scallions**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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