

DINNERLY



LOW CALORIE

NO ADDED GLUTEN

Sweet & Sticky Tofu with Broccoli & Rice

 30min  2 Servings

This super simple and tasty bowl comes together faster than you can say sweet and sticky tofu 20 times fast! Disclaimer: we haven't actually tested this, but let's just say you'll love how quick this dinner comes together. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 pkg extra-firm tofu ¹
- ½ lb broccoli
- garlic (use 1 large clove)
- 1 pkt chili garlic sauce
- 2 (½ oz) tamari in fish-shaped pods ¹

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil, such as canola
- sugar
- apple cider vinegar (or white wine vinegar)

TOOLS

- fine-mesh sieve
- small saucepan
- rimmed baking sheet
- small skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 630kcal, Fat 19g, Carbs 83g, Protein 33g



1. Cook rice

Rinse **rice** in a fine-mesh sieve until the water runs clear. Transfer to a small saucepan along with **1¼ cups water** and **½ teaspoon salt**; bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat and cover to keep warm.



2. Prep ingredients

Preheat broiler with a rimmed baking sheet on the top rack 6 inches from heat source. Pat **tofu** dry, then cut in half crosswise. Cut each half into 1-inch cubes; drain on a paper towel-lined plate. Trim and discard ends from **broccoli**, then cut into ½-inch florets. Peel and finely chop **1 teaspoon garlic**.



3. Broil tofu & broccoli

Carefully **oil** preheated baking sheet; transfer **tofu** to half. Drizzle with **oil**, then season with **salt** and **pepper**. Broil on top oven rack until browned on one side, 8–10 minutes. Add **broccoli** to other half of baking sheet. Drizzle with **oil**; season with **salt** and **pepper**. Broil until broccoli is tender and tofu is crisp, 6–7 minutes. Transfer broccoli to a plate.



4. Make sauce

Heat **1 tablespoon oil** in a small skillet over medium. Add **chopped garlic** and cook, stirring, until fragrant, 30 seconds. Add **chili sauce**, **all of the tamari**, **¼ cup each sugar and water**, and **2 tablespoons vinegar**. Bring to boil, then reduce sauce to ½ cup, 4–5 minutes.



5. Finish & serve

Spoon **sauce** over **crispy tofu**, then broil on top oven rack until **sauce** is sticky, about 2 minutes. Fluff **rice**. Serve **sweet and sticky tofu** with **broccoli** over **rice**. Enjoy!



6. Make it stretch!

What do you call leftover rice? Fried rice! Older rice allows for optimal crispness when stir-frying because it's drier, reducing your chances of ending up with a dish that is wet and gloppy. So, stretch these leftovers into tomorrow's lunch or dinner with a quick stir-fry.