

# DINNERLY



## Crispy Tofu with Cauliflower Rice

Broccoli & Katsu 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 cauliflower rice and charred broccoli. We've got you covered!

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## WHAT WE SEND

- 1 pkg extra-firm tofu <sup>2</sup>
- ½ lb broccoli
- 2 oz panko <sup>3</sup>
- 1.8 oz katsu sauce <sup>2,3</sup>
- 12 oz cauliflower rice

## WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- 1 large egg <sup>1</sup>

## TOOLS

- microwave
- rimmed baking sheet
- medium skillet

## COOKING TIP

No microwave for step 1? Heat 1 teaspoon oil in a small saucepan over medium. Add rice and 2 teaspoons water. Cook, stirring occasionally, until warm, 3–5 minutes.

## ALLERGENS

Egg (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 810kcal, Fat 36g, Carbs 89g, Protein 38g



### 1. Cook cauliflower rice

Add **cauliflower rice** to a medium bowl. Cover and microwave until just tender, stirring halfway through, 4–5 minutes. Season to taste with **salt** and **pepper**. Keep covered until ready to serve.

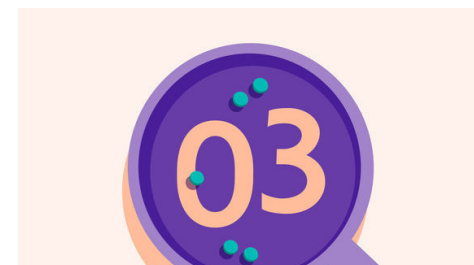


### 2. Prep tofu & broccoli

Preheat broiler with a rack in the top position.

Drain **tofu**; cut crosswise into 8 slices. Place on a paper towel-lined plate and carefully pat very dry. Season all over with **salt** and **pepper**.

Cut **broccoli** into 1-inch florets, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil** and **a pinch each of salt and pepper**. Set aside until step 5.

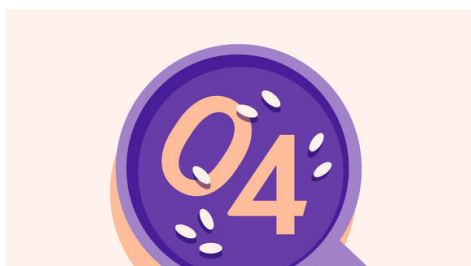


### 3. Bread tofu

In a shallow bowl, whisk together **1 large egg** and **2 tablespoons water**; season with **salt** and **pepper**.

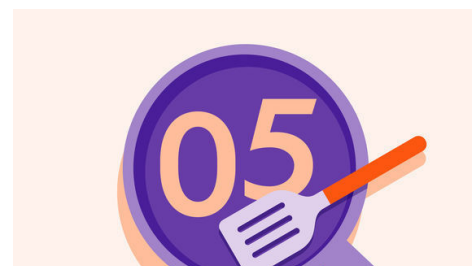
Place **panko** in a shallow baking dish; season with **salt** and **pepper**.

Dip each piece of tofu in **egg**, letting excess drip back into bowl. Dredge in **panko**, pressing to help adhere.



### 4. Pan-fry tofu

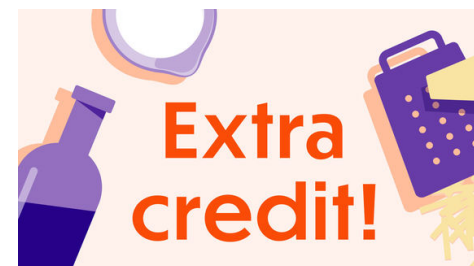
Heat **¼-inch oil** in a medium skillet over medium-high until shimmering (see step 6). Add **half of the tofu** (it should sizzle vigorously) and fry until golden-brown and crisp, 4–5 minutes per side. Use a spatula to transfer to a paper towel-lined plate; season with **salt**. Repeat with remaining 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** with **1 tablespoon water** at a time, as needed. Fluff **rice** with a fork.

Serve **crispy tofu** with **cauliflower 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.