

Oven “Fried” Tofu and Roasted Broccoli

Serves 3

Allergens: Contains soy and sesame



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 12-16 ounce container extra firm tofu (or firm)
- 1 ½ pounds broccoli
- 1 tablespoons extra virgin olive oil
- 1 tablespoon corn starch
- 2 tablespoons reduced sodium tamari
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon maple syrup
- 2 cloves garlic, minced

Other One Pan Ideas:

- Vegetables – try others such as sweet potatoes, carrots, cauliflower, or asparagus
- Proteins – try tempeh instead of tofu. If you use meat, buy the highest quality you can afford.
- Flavoring – experiment with other spices or sauce ingredients such as balsamic vinegar, Dijon mustard, or lemon juice.

Directions

1. Drain tofu and cut into three slabs. Press tofu between towels topped with a heavy object such as a cast iron skillet for at least 15 minutes (up to overnight).
2. Preheat oven to 400°F. Cut broccoli into large florets. Cut tofu into domino-sized rectangles or triangles.
3. Toss broccoli with 1 tablespoon extra virgin olive oil and spread on half of a sheet pan. Put down parchment paper on the other side.
4. Place tofu onto a plate and sprinkle with corn starch. Gently toss, then place it in single layer on the lined baking sheet.
5. Bake for 15 minutes. Meanwhile, make the sauce by combining the remaining ingredients. Remove pan from oven, toss broccoli, and flip each piece of tofu. Spoon sauce over the tofu to coat and drizzle any remaining sauce over the broccoli, being careful to not let it pool near the edges of the pan where it may drip in the oven. Carefully place the pan back in the oven and bake for another 10- 15 minutes, or until broccoli is browned and fork tender and tofu is crisp.
6. Remove broccoli and tofu from pan and drizzle remaining sauce over broccoli. Serve warm by itself or with a side of brown rice.

Zero Waste Tips

- Parchment paper – Tear up used parchment paper and compost it. Alternatively, use a reusable silicone baking mat. Avoid waxed paper and foil which are not compostable.
- Marinate – many recipes call for marinating protein foods in a plastic bag (especially for meat). Use a reusable container instead.
- Press tofu - You don't need paper towels contrary to what most instructions say. Try using kitchen towels or invest in a tofu press.
- To press tofu without using any towels, wash outside of tofu container and place upside-down on a large plate. Stack tofu, another plate, then a heavy object and let drain. Afterward, rinse and recycle the container.

Recipe from [“One Pot Meals” cooking class, Fall 2018](#)