

# Spicy Tofu & Broccoli

SIMPLE RECIPE

## Ingredients

- 1 crown broccoli
- 1/2 lb cremini mushrooms
- 1 pkg extra firm tofu
- 3 green onions (scallions)
- 1/2 c jasmine rice
- 3 tbsp soy sauce
- 1 tbsp chili-garlic sauce
- 2 tsp olive oil
- 1 tsp maple syrup

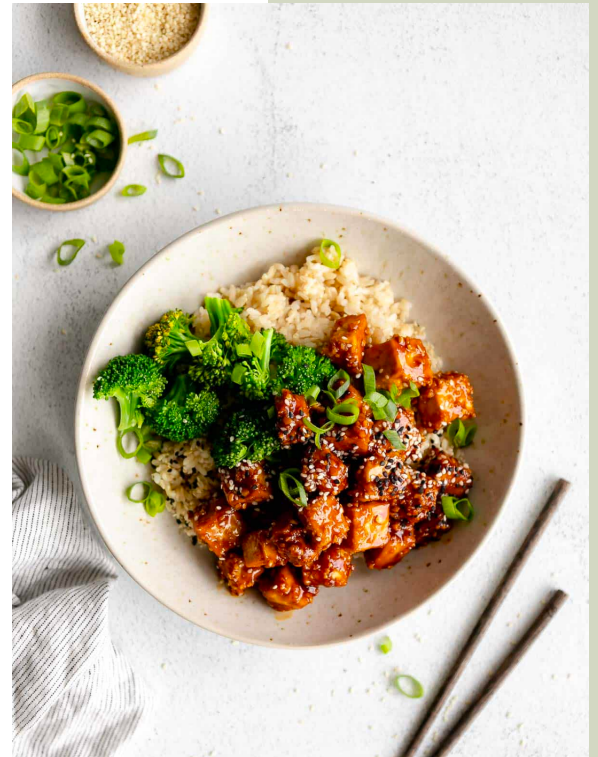
### Sauce

- 1 tbsp rice vinegar
- 1 tbsp maple syrup
- 1 tbsp soy sauce

### Substitutions

Tofu for chicken

Maple syrup for honey



## Directions

1. Pre-heat oven to 450 degrees F
2. Sandwich tofu between clean towels or paper towels and gently press out excess water.
3. Add 1 c water and 1/2 c rice to a medium saucepan. Bring to a boil then reduce heat to low and cover. Cook until liquid is fully absorbed, 15-18 minutes.
4. Meanwhile, make the marinade. Whisk together 3 tbsp soy sauce, 1 tbsp chili-garlic sauce, 2 tsp oil, 1 tsp maple syrup
5. Dice tofu in medium-sized chunks, and add to the bowl with marinade. Set aside.
6. Cut broccoli into bite-sized florets. Cut mushrooms into quarters. Add both to a baking sheet and toss with olive oil, salt and pepper.
7. Add tofu to the baking sheet and drizzle with the remaining marinade.
8. Place baking sheet into the oven and roast until veggies are tender and tofu is golden about 15 minutes.
9. Trim and cut green onions crosswise into thin pieces, set aside.
10. Whisk together ingredients for the sauce, 1 tbs rice vinegar, 1 tbsp maple syrup, 1 tbsp soy sauce, 1 tbsp water.
11. To serve, divide the rice, tofu and veggies between bowls. Drizzle with the sauce and top with green onions.