Sesame Tofu and Broccoli

Preparation: 10 minutes | Cooking: 60 minutes | Servings: 4

Ingredients:

- 14 ounces extra-firm tofu
- 2 small heads broccoli
- 2 scallions
- 1 piece ginger, peeled
- 2 cloves garlic, peeled
- ¾ cup low-sodium vegetable broth
- ½ cup reduced-sodium soy sauce
- ⅓ cup cornstarch, divided
- ¼ cup pure maple syrup
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chili crisp
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- Salt
- Sesame seeds (optional)

Instructions:

Press the tofu using paper towels or a tofu press for 30 to 45 minutes, until most of the moisture is removed. Meanwhile, heat the oven to 425 degrees Fahrenheit. Cut the broccoli into florets. Thinly slice the scallions, separating the white and green parts. In a bowl, grate the ginger and garlic. Add the scallion whites, broth, soy sauce, maple syrup, chili crisp, rice vinegar, sesame oil and 1 tablespoon cornstarch. Whisk to combine. Cut the tofu into rough 1-inch pieces. Season lightly with salt and 1 tablespoon extra-virgin olive oil, then toss gently to coat. Add the remaining cornstarch and toss again to coat evenly. Place the tofu on a lined baking sheet and bake until light brown and crisp, about 25 minutes. While the tofu bakes, heat 1 tablespoon extra-virgin olive oil in a large skillet. Add the broccoli and cook until it begins to char, about 4 to 5 minutes. Remove from the pan. Pour the prepared sauce into the skillet. Bring to a simmer and cook until thickened, about 4 minutes. Return the broccoli and tofu to the pan and toss to coat. Top with sesame seeds and serve plain or over brown rice. Enjoy!