



FAST. EASY. FRESH.

ROASTED TERIYAKI TOFU AND VEGGIES WITH RICE

1. Start by preheating your oven to 400°F. De-seed and chop your **sweet bell pepper** into large chunks. Cut your **broccoli** into florets. Place your **tofu** between two pieces of paper towel and gently press down removing as much liquid as you can. Then, thinly slice into 1-inch pieces.

2. In a medium bowl toss the tofu with ½ Tbsp. **olive oil**, 2 tsp. **soy sauce** (save remaining for Step 5), and 2 tsp. **cornstarch** (save remaining for Step 5). Toss to combine then, place down one side of a large tinfoil-lined baking sheet. In the same bowl, toss the **broccoli** and **pepper** with remaining **olive oil**, and a good pinch of **salt** and **pepper**. Place down the other half of the sheet, and bake for 24 minutes.

Ingredients (2 Person Serving – 800 Calories Per Serving)

Extra-Firm Tofu	350 g
Olive Oil	1 Tbsp.
Soy Sauce	2 tsp. + 1/3 Cup
Cornstarch	3 tsp.
Broccoli	1 Head
Sweet Bell Pepper	1
Water	3 Tbsp.

Maple Syrup	3 Tbsp.
Rice Vinegar	2 Tbsp.
Garlic	1 Clove
Sriracha	½ tsp.
Ground Ginger	¼ tsp.
Basmati Rice	¾ Cup
Salt and Pepper	To Taste

3. Meanwhile, in a small pot combine your **rice** with 1 ½ cups of water and a pinch of salt and bring to a boil. Once boiling, reduce heat to low, cover, and simmer until the water is completely absorbed, about 15 minutes.

4. Make your teriyaki sauce by combining 1/3 cup **soy sauce** (the remaining amount), **water**, **Teriyaki Base** (**maple syrup**, **rice vinegar**, **sriracha**, and **ginger**) in a small pot. Peel and finely mince your **garlic** and add this to the pot as well. Place the pot over medium-high heat and bring to a boil.

5. Once the teriyaki sauce is boiling, whisk together your remaining 1 tsp. **cornstarch** and 1 tsp. water in a small container. Add to the teriyaki sauce and lower the heat to a simmer. Cook, stirring occasionally, until the sauce has slightly thickened, about 5 minutes.

6. To serve, spoon the rice onto dishes and then top with a mixture of veggies and tofu. Drizzle over the **teriyaki sauce** to finish. Enjoy!



35 Minute Cook Time!