

Campus Food Bank's

Tofu Grain Bowls

Ready in **45 minutes**

Serves **3-4 people**

Equipment

- Knife
- Cutting Board
- Grater
- Large pan and pot
- Baking sheet
- Oven mitts
- Cloth or paper towel

Ingredients

- 1 package extra firm tofu
- 3 tbsp cornstarch
- 1tsp garlic powder
- 1 tsp ground ginger
- ½ tsp ground black pepper
- 1 tbsp soy sauce
- 2 broccoli heads
- 2 carrots, peeled and grated
- 2 cp fresh greens (spinach, kale etc.)
- 1 batch soy tahini sauce*
- 2cp cooked grains**
- Salt & pepper and olive oil

Preparation

1. Get your grains cooking over the stove or rice cooker per the package directions.
2. Preheat the oven to 425 F and line a baking sheet with parchment paper.
3. Cut the broccoli into small florets. Lay out on the prepared baking sheet. Drizzle with 2 tsp olive oil and season generously with salt and pepper. Bake for 20-30 minutes or until crispy and cooked through, flipping halfway through.
4. Pat dry the tofu with a cloth or paper towel and slice into ~1" slices across the narrow side of the block. Gently toss the tofu with the soy sauce.
5. Mix the garlic powder, ginger and black pepper with the cornstarch. Gently coat the tofu with half the cornstarch mix. Once coated add the remaining cornstarch and coat evenly.
6. Heat a large pan over medium heat. Add ~1 tbsp olive or sesame oil and lay the tofu in single layers in the pan. Cook until crispy on one side and then flip. About 2-3 minutes each side .
7. Assemble your grain bowl with crispy tofu, roasted broccoli, fresh greens and grated carrots on top of your choice of warm grains. Drizzle generously with the soy tahini sauce. Get creative with any other additional toppings and different sauces.

*recipe below. Sub sauce of choice as desired

**I suggest brown rice but quinoa, bulgur, and others work great too!

Tofu recipe adapted from

<https://ifoodreal.com/crispy-pan-fried-tofu/>

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Soy Tahini Sauce

Equipment

- Jar
- Fork

Ingredients

¼ cp tahini
1 tbsp maple syrup *
2 tbsp soy sauce

Water to reach desired sauce consistency

Salt and pepper to taste

*Can substitute for honey.

Preparation

1. Mix ingredients with a fork.
2. Thin with water to desired consistency.
3. Adjust components and salt and pepper to taste.
4. Serve over grain bowls, salads, or as a dipping sauce.

The sauce and all grain bowl ingredients can be made ahead of time and refrigerated separately or pre-portioned together for a quick meal prep.