

## Teriyaki Tofu and Veggies



2 HRS

4 Servings

Intermediate

Ingredients

- 2 packages extra firm tofu, each cake cut into 8 pieces
- 1/2 bunch broccoli, use the stems along with the florets. To use the stems, pare away the tough outer part, slice in half lengthwise then slice in 1/4" thick pieces. Cut the tops into florets.
- 1 tablespoon organic olive oil or organic sesame oil
- 1 carrot, matchstick
- 1 zucchini, quarter rounds
- 1 yellow squash, quarter rounds
- 1 red bell pepper, 1/4 inch strips
- 1 pinch sea salt or Himalayan salt

### Teriyaki sauce

If you'd like a teriyaki sauce without the additional sugar added then try our version using coconut aminos instead of shoyu called [Soy and Gluten-Free Teriyaki Sauce](#)

- ¼ cup organic shoyu or gluten-free tamari
- ¼ cup plus 2 tablespoons agave syrup, honey, or monk fruit
- 1 tablespoon toasted sesame oil
- 2 limes juiced
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 1 tablespoon minced scallion
- 1 tablespoon organic cornstarch
- 2 tablespoons water

Instructions

### **Make the teriyaki sauce**

Combine the shoyu, agave, honey, or monk fruit; toasted sesame oil, lime juice, garlic, ginger, and scallion in a blender and process on low for 1 minute or until the ingredients are well incorporated.

### **Marinate the tofu**

Transfer half the sauce to a shallow baking dish and add the tofu. Turn to coat well and then refrigerate for a minimum of 2 hours or overnight. Turn tofu occasionally.

### **Bake the tofu**

Pre-heat the oven to 375° Put the tofu and sauce into a glass baking pan. If you marinated the tofu in a glass pan don't put that pan into the oven or it'll shatter. Bake tofu for up to 20 minutes - basically until it is hot.

### **Blanch the broccoli**

Bring 6 cups of water to a boil in an 8-quart pot. No salt is needed. Put the broccoli into the boiling water. When the water returns to a boil use a spider strainer to remove the broccoli from the water and put it into a colander to drain. The broccoli should be cooked but still a little crisp.

## **Sauté the veggies**

Using a 10 to 12" sauté pan, heat the oil. Add the carrot, peppers, zucchini and yellow squash. Sprinkle with a little sea salt. Sauté the veggies until cooked but still crisp.

## **Thicken the remaining sauce**

Put the remaining sauce in a small pot and bring to a simmer. Dilute 1 tablespoon organic cornstarch with 2 tablespoons room temperature water and whisk into the simmering sauce. Continue to stir until the sauce thickens a bit. Turn heat to low and cover until the veggies are ready.

## **Put it all together**

Remove the tofu from the oven and add to the vegetables in the skillet. Be careful when stirring since the tofu can easily fall apart. Stir in the thickened sauce and then add the blanched broccoli.