



General Tao Tofu

Ingredients

SAUCE

- 1 cup (250 ml) water
- ½ cup (125 ml) brown sugar
- ¼ cup (60 ml) rice vinegar
- ¼ cup (60 ml) sodium-reduced soy sauce
- 2 tbsp (30 ml) tomato paste
- 2 tbsp (30 ml) cornstarch
- 1 tsp (5 ml) sriracha sauce or sambal oelek (optional)
- 2 tsp (10 ml) ginger, finely chopped or grated
- 1 tsp (5 ml) garlic powder

SIDE DISH

- 1 large head of broccoli, in small florets
- 150 g brown rice noodles (cooked by the chef-trainer for 3-5 minutes in boiling water)

SAUTÉ

- 1 block firm tofu (454 g), pat dry and cut in cubes
- 2 tbsp (30 ml) cornstarch
- 2 tbsp (30 ml) vegetable oil
- 1 green onion, finely chopped

YOU WILL NEED:

- small and medium bowls
- cutting boards
- knives
- set of measuring cups
- set of measuring spoons
- double boiler (or medium saucepan with steamer)
- large non-stick skillet
- whisk
- kitchen tongs
- wooden spoon

Preparation

SAUCE

- 1 In a small bowl, combine all the ingredients for the sauce. Set aside.

SIDE DISH

- 2 In a double boiler (or a saucepan with a steamer), pour 3 cm of water in and bring to a boil.
- 3 Add broccoli florets and cover. Cook for 6 minutes or until broccoli is tender but still a nice bright green.
- 4 Remove broccoli from the steamer and set aside.

SAUTÉ

- 5 In a medium bowl, combine tofu and cornstarch.
- 6 Heat a large skillet over medium-high heat and add oil.
- 7 Sear tofu until golden-brown and crispy (if the pan is small, cook half of the tofu at a time to ensure a golden-brown colour). Set aside tofu cubes on paper towels.
- 8 Pour sauce into the pan and bring to a boil, stirring constantly.
- 9 Add tofu to sauce, mix and remove from heat.
- 10 Serve over brown rice noodles with broccoli and garnish with green onion.



CHEF'S TIP: Cooking tofu to a nice golden-brown colour improves the texture of the dish!

DIETITIAN'S TIP: Don't just use broccoli florets, but also the stalk. Once peeled and cut into matchsticks, you will feel like you have 2 varieties of vegetables for the price of one.