



VEGAN SPICY LEMON MAPLE TOFU

with Roasted Broccoli & Rice

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Broccoli Florets



2 Cloves | 4 Cloves
Garlic



1 | 2
Lemon



1 | 2
Tofu
Contains: Soy



¾ Cup | 1½ Cups
Jasmine Rice



2 TBSP | 4 TBSP
Cornstarch



1 tsp | 2 tsp
Chili Flakes



1 | 2
Veggie Stock
Concentrate



1 | 2
Mushroom Stock
Concentrate



2 TBSP | 4 TBSP
Maple Syrup



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



1¼ Cups | 2½ Cups
Brown Rice

Calories: 710



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 710



HELLO

CORNSTARCH

Helps tofu get golden brown and crisp, and also thickens the sauce—a two-for-one!

BURN NOTICE

In Step 4, you may need to work in batches when frying the tofu. If so, reduce the temperature after the first batch if tofu is browning too quickly.

BUST OUT

- Zester
- Paper towels
- Small pot
- Baking sheet
- Large bowl
- Large pan
- Small bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)

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1 PREP

- Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **broccoli** into bite-size pieces if necessary. Peel and mince or grate **garlic**. Zest and quarter **lemon**.
- Open and drain **tofu**; press out excess water with paper towels. Halve crosswise, then stand tofu upright and halve vertically. Lay flat and cut into ½-inch cubes.



4 FRY TOFU

- Place **tofu** in a large bowl; season with **salt** and **pepper**. Add **half the cornstarch** and toss until evenly coated.
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add tofu in a single layer and cook until golden and crispy, 1-3 minutes per side. (For 4 servings, you may need to work in batches, adding another drizzle of oil per batch.) Turn off heat; transfer to a paper-towel-lined plate. Wipe out pan.



2 COOK RICE

- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.
- 💡 Swap in **brown rice** for jasmine rice; use **1¼ cups water (3½ cups for 4 servings)**. Cook 20-25 minutes. (Save **jasmine rice** for another use.)



5 MAKE SAUCE

- In a small bowl, whisk together **remaining cornstarch** and **2 TBSP water (4 TBSP for 4 servings)**.
- Heat a **drizzle of oil** in pan used for tofu over medium-low heat. Add **garlic** and a **pinch of chili flakes**; cook, stirring, until fragrant, 30-60 seconds.
- Whisk in **cornstarch mixture**, **maple syrup**, **veggie stock concentrate**, **mushroom stock concentrate**, and **juice from one lemon wedge (two wedges for 4)**. Bring to a simmer and cook, stirring occasionally, until thickened, 2-3 minutes (if **sauce seems too thick**, add **splashes of water**). Remove from heat.
- Return **fried tofu** to pan and toss until coated in **sauce**.



3 ROAST BROCCOLI

- While rice cooks, toss **broccoli** on a baking sheet with a **drizzle of oil**, **salt**, and **pepper**. Roast on middle rack until tender and lightly browned, 10-12 minutes.



6 SERVE

- Divide **rice** between bowls; top with **broccoli** and **tofu** in separate sections.
- Top broccoli with a **pinch of lemon zest** and sprinkle tofu with as many **remaining chili flakes** as you like. Serve with **remaining lemon wedges** if desired.