



BROCCOLINI® and Tofu Sauté with Tahini Sauce

Servings

4

Calories

360

Prep Time

1 hour (50 minutes
hands-off)

Cook Time

15 minutes

Skill Level

Difficult

Ingredients

- 14-16oz firm or extra-firm tofu, cut lengthwise into 4 slabs
- ¼ cup tamari or soy sauce
- 4 garlic cloves, minced and divided
- 1" piece ginger, peeled and minced
- 1 tablespoon chili-garlic paste, such as sambal oelek or sriracha
- 1 tablespoon rice vinegar, divided
- ½ teaspoon black pepper
- ¼ cup tahini
- 2 teaspoons toasted sesame oil
- 3 tablespoons preferred vegetable oil, divided
- 2 packages BROCCOLINI®
- 2 green onions, thinly sliced
- 2 teaspoons white sesame seeds
- 1 teaspoon black sesame seeds (optional)





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The Method

1. Place tofu slabs on a baking sheet and cover with a clean kitchen towel. Place another baking sheet on top and using a heavy skillet or cast iron pan, press tofu for 20 minutes.
2. In a small bowl, combine tamari, half the garlic, ginger, chili-garlic paste, 1 tablespoon vinegar, and pepper.
3. Cut each slab of tofu in half lengthwise and then into approximately 1" cubes. Transfer to a zip-top bag, pour half the tamari mixture over, and marinate at least 30 minutes or up to an hour.
4. In a small bowl, whisk together tahini, sesame oil, remaining garlic, and enough water to make a sauce-like consistency, about ¼ cup.
5. In a nonstick skillet, heat 2 tablespoons oil over medium-high heat. Add tofu and cook until browned on all sides, 8-10 minutes. Transfer to a plate.
6. In the same skillet, heat remaining 1 tablespoon oil until shimmering and add BROCCOLINI®. Cook, stirring, until bright green. Add remaining tamari mixture and tofu and cook until broccolini is crisp tender, about 5 more minutes.
7. Serve on a large platter drizzled with tahini sauce and garnished with green onion and sesame seeds.

Nutrition Facts

Serving Size: 8 cubes of Tofu and 6 Broccolini® | Servings: 4

Amount Per Serving

Calories 360 | Total Fat 29g (sat fat 3.5g trans 0g) | Cholesterol 0mg | Sodium 1290mg | Total Carbohydrate 15g | Dietary Fiber 7g | Sugars 4g (Includes 0g Added Sugars) | Protein 22g | Vitamin D 0% | Calcium 20% | Iron 30% | Potassium 8%