

Tofu Teriyaki with Rice

Tofu teriyaki avec riz

25 min

Medium

400 kcal per serving

Dinner

Vegan



Ingredients

FOR ONE SERVING

Firm tofu (Tofu ferme)	200 g
Soy sauce (Sauce soja)	3 tbsp
Maple syrup (Sirop d'érable)	1 tbsp
Jasmine rice (Riz jasmin)	100 g
Broccoli (Brocoli)	100 g
Sesame seeds (Graines de sésame)	1 tbsp

Nutrition facts

PER SERVING

Calories	400
Protein	18 g
Carbohydrates	52 g
Fat	14 g
Fiber	4 g

Preparation

- 1 Cook the jasmine rice in salted water according to the package directions, then keep it covered off the heat.
- 2 Cut the firm tofu into bite sized cubes and pat them dry with paper towel.
- 3 Heat a nonstick pan over medium heat and cook the tofu until golden on several sides.
- 4 Add the soy sauce and maple syrup to the pan, then toss the tofu until evenly coated and lightly glazed.
- 5 Steam or boil the broccoli in a small amount of salted water until just tender, then drain well.
- 6 Divide the rice between plates, top with the tofu and broccoli, and spoon any remaining sauce over the top.
- 7 Finish with sesame seeds before serving.

GOOD TO KNOW

For extra flavor, let the tofu sit in the soy sauce and maple syrup for a few minutes before cooking.