

Black Pepper-Maple Tofu, Roasted Broccoli & Sweet Potato Bowl

Swick

Serves 2 to 3 | Active Time: 25 minutes | Total Time: 40 minutes

Step 1: Cooking the Rice

- 1 cup sticky rice (sushi rice)
- 1 1/2 cups water
- 2 tbsp rice wine vinegar

To cook the rice, rinse until the water runs clear and then soak for 30 minutes (or follow directions on package).

Next, combine the rice with the water and bring to a gentle boil and then reduce to heat to a simmer and let cook for approximately 20 minutes (or according to package). Once done, add the rice wine vinegar and then fluff with a fork. Cover and let rest for at least 10 minutes.

Note that jasmine rice or quinoa are also good with the dish but the ratios of rice to water will most likely need to be adjusted.

Step 2: Preparing the Tofu

- 1 - 350 gr pkg extra firm tofu
- 1 tbsp soy sauce
- 1 tsp toasted sesame oil
- 1/2 tsp garlic granules
- 1/2 tsp onion granules
- 2 tbsp cornstarch

To prepare the tofu, dice it into 1/2 inch cubes and then toss with the soy sauce, sesame oil, onion, and garlic granules and set aside.

Lastly, gather the cornstarch but do not toss with the tofu until you are close to cooking it.

Step 3: Roasting the Vegetables

- 1 1/2 cups orange sweet potato, small to medium dice*
- 2 1/2 cup broccoli florets
- oil for roasting

Note: For the sweet potato, any kind and color can be used, the orange just gives the dish nice color contrast.

To roast the vegetables, first off toss the sweet potatoes with a bit of oil and season with salt and pepper and place onto one side of a large baking tray. Next, toss the broccoli with a bit of oil and season with salt and pepper and place onto the other side of the baking tray.

Roast the vegetables for 10 mins or so at 450°F (230°C).

Check the vegetables after about 7 minutes or so to ensure that one is not ready before the other — if so, you can always remove that vegetable and continue cooking the other vegetable for a few more minutes.

Step 4: Frying the Tofu

- oil for frying tofu

To cook the tofu, heat the oil in a large fry-pan and once hot add the tofu, shaking off any excess cornstarch before carefully adding it to the hot oil.

Brown on all sides then remove from the pan and set aside on a plate lined with paper towel while you prepare the sauce.

Step 5: Preparing the Sauce for the Tofu

- 1/2 to 1 jalapeño, minced
- 1 tbsp minced ginger
- 2 tsp minced garlic
- 3 tbsp kecap manis
- 2 tbsp maple syrup
- 1 tbsp coarsely ground black pepper, or to taste

To prepare the sauce, carefully drain the fry-pan of any excess oil. If needed, add another tablespoon of oil, followed by the jalapeño, ginger, and garlic. Let cook for about 30 seconds and then add the kecap manis, maple syrup, and black pepper and just bring to a simmer and then turn off the heat.

Note that this dish is meant to be spicy, so adjust the amount of jalapeño and black pepper to your liking.

Once done, add the tofu to the sauce and toss to coat.

Step 6: Assembling the Dish

- 1/3 cup sliced green onions
- 1/4 cup roughly chopped cilantro
- 1 lime, halved

To assemble the dish, just before serving, add the green onions and cilantro to the sauce and gently toss to combine. Alternatively, these can simply be used to garnish the final plate.

Next, spoon some rice into a bowl, top with the roasted vegetables, a bit of the tofu.

Lastly, squeeze some fresh lime juice over top — or serve a lime wedge on the side and serve immediately.