



## Teriyaki Tofu & Vegetable Bowls

🕒 30 minutes 🍴 6 servings

### Directions

- 1 Cut tofu into 1-inch cubes and press liquid from tofu 10-15 minutes.
- 2 While liquid presses from tofu, make jasmine rice: Rinse rice, then add rice, water, and salt to small saucepan. Turn up heat to bring to a boil, then reduce heat, cover, and simmer 10-15 minutes until all water has been absorbed. Once water is absorbed, turn off heat and let rice sit another 10 minutes, then fluff with a fork just before serving.
- 3 Slice onion and mince garlic. Heat a large wok or sauté pan over medium-high heat. Once hot, add oil, onion, and garlic. Cook, stirring occasionally, about 5 minutes.
- 4 Meanwhile, slice zucchini into rounds, slice bell pepper, and cut carrot into diagonal rounds. Add to sauté pan with onion and garlic as they are prepared. Cook vegetables 10-15 minutes, stirring occasionally, until starting to soften and brown. Once vegetables are fully cooked, remove from heat and stir in soy sauce.
- 5 While rice and vegetables cook, add teriyaki sauce and water to a deep skillet and stir to combine. Arrange pressed tofu cubes in sauce no more than one layer thick and stir gently to cover all cubes with sauce. Bring sauce to a boil, then reduce heat simmer 8-10 minutes until tofu begins to absorb some of the sauce. Stir tofu gently several times to ensure even cooking while simmering.
- 6 Once rice and vegetables are cooked, assemble bowls: 1 cup rice + 1/2 cup tofu with sauce + 1 cup veggies.

### Ingredients

- 1 3/4 lb Extra firm tofu (pressed, cut into 1-inch cubes)
- 1 1/2 cup Jasmine rice
- 3 cup Water
- 1/4 tsp Salt
- 1 Yellow onion (sliced)
- 2 clove Garlic (minced)
- 2 tbsp Extra virgin olive oil
- 2 Zucchini (sliced)
- 2 Bell pepper (any color, sliced)
- 2 Carrot (sliced on the diagonal)
- 2 tbsp Soy sauce
- 1/2 cup Teriyaki sauce
- 1/2 cup Water

### Nutrition (estimate per serving)

|               |          |           |         |
|---------------|----------|-----------|---------|
| Calories      | 346 kcal | Fat       | 8 g     |
| Carbohydrates | 49 g     | Protein   | 17 g    |
| Fiber         | 3 g      | Sugar     | 10 g    |
| Cholesterol   | 0 mg     | Sodium    | 1461 mg |
| Vitamin A     | 4770 IU  | Vitamin C | 65 mg   |
| Calcium       | 88 mg    | Iron      | 3 mg    |

### Notes

**Total Time: 30 40 min** Prep Time: 15-20 min | Cook time: 15-20 min

**Serving Size** 1 bowl: 3/4 cup rice + 3/4 cup tofu with sauce + 1 cup veggies

**Pro Tip** Prefer crispy tofu? Cut tofu into cubes after pressing and toss with cornstarch to coat. Fry in 2-4 Tbsp. canola or olive oil in a skillet over medium-high heat until golden brown, about 15-20 minutes. Don't add teriyaki sauce to pan; instead, drizzle on tofu just before serving. For an easier meal, use frozen stir-fry vegetable blend in place of fresh veggies. Add or substitute other vegetables as desired, such as mushrooms, Bok choy, cabbage, broccoli, or yellow squash.

**Cooking Equipment** Small saucepan | Large wok or sauté pan | Medium skillet

**Leftovers** Refrigerate assembled bowls in airtight container up to 5 days. If preparing crispy tofu, store tofu separately and reheat in air-fryer, oven, or in skillet. Not recommended to freeze.

**Rinse Jasmine rice** To remove excess starch from rice, add rice to a large bowl and fill with water to completely submerge the rice. Use your hand or a spoon to stir the rice in the water, then pour rice and water through a colander or mesh sieve to drain water.

**Press liquid from tofu** Drain water from tofu; cut into 1-inch cubes. Place clean towel on a plate; place tofu evenly on towel with space between slices; do not stack. Cover with second towel, place another plate on top of tofu. Stack 3-4 canned goods on plate. Press tofu 10-15 min.

**Slice onion** trim top and base off onion, then peel tough outer layers (usually top 1-2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick.

**Mince garlic** smash garlic clove: place flat edge of chef's knife on top of clove and press firmly with palm of the hand; remove papery skin. Cut clove into very thin slices. Stack slices and cut into very thin matchsticks. Turn a quarter-turn and mince finely.

**Cut zucchini into rounds** do not peel (to retain nutrients). Trim ends of zucchini, then cut crosswise into 1/4-inch wide round pieces.

**Slice bell pepper** cut pepper in half lengthwise and with a paring knife cut around the stem to remove. Remove seeds and white membranes along inside of pepper. Slice lengthwise into 1/2-inch wide strips.

**Cut carrots into diagonal rounds** scrub carrots well \> angle into diagonal rounds.

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