

# Sesame Garlic Tofu And Broccoli

A great combination of flavours - sesame, garlic, lime and wine vinegar with a bit of maple syrup sweetness.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 15 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



## Ingredients

Tofu, raw (not silken), cooked, firm	8 ounce
Onion powder	1 teaspoon
Garlic, powder	1 teaspoon
Salt, sea salt	0.5 teaspoon
Turmeric, ground	0.5 teaspoon
Arrowroot flour	1 tablespoon
Olive oil	2 tablespoon
Broccoli, cooked from fresh	2 cup
Garlic, fresh	3 clove
Tamari sauce, reduced sodium	0.25 cup
Maple syrup	2 tablespoon
Tahini (sesame butter)	2 tablespoon
Sesame oil	1 tablespoon
Rice wine vinegar	1 x 1 tbsp
Lime juice, fresh	1 tablespoon
Sesame seeds, hulled, dried	1 tablespoon

## Instructions

The first seven ingredients, from tofu to olive oil are for the preparation of the crispy tofu. Simply combine all the seasonings and arrowroot powder in a bowl. Cut the tofu into triangles and roll it in the mixture so it is coated on all sides. Heat the oil in the skillet and on medium heat and cook the tofu until crispy and light brown on all sides. Around 5 minutes per side. Set aside.

Cut the broccoli into florets and steam until done but still crisp. Mince 3 cloves of garlic. Combine 1 tbsp arrowroot powder with 1/2 cup of water and stir until dissolved - set aside.

Heat sesame oil on medium heat. Add the garlic and cook for 1 - 2 minutes until fragrant, do not burn. Add the tamari, maple syrup and tahini. Stir to combine and let simmer for about 2 minutes.

Add the arrowroot mixture and whisk until the sauce has thickened. Remove from heat.

Add the rice vinegar and lime juice and whisk until all are well incorporated.

Add the tofu and broccoli and gently mix to coat. Serve topped with sesame seeds over rice or quinoa.