

Crispy Tofu, Roasted Cauliflower, & Rice Bowl

Ingredients

- 1 (14 oz.) block firm or extra-firm tofu
- 3 tablespoons low sodium soy sauce
- 1/2 teaspoon ginger juice or fresh grated ginger
- 2 tablespoons fig jam
- 1 teaspoon sesame oil
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon kosher salt
- 1/8 teaspoon pepper
- 3 tablespoons corn starch
- 2 tablespoons olive oil
- 1 head cauliflower
- 1 cup cooked sushi rice or brown rice
- 1/3 cup cooked black rice



- Remove tofu from package and place on top of a folded paper towel on a plate. Place a saucer on top of the tofu and place a 28 oz. can (tomatoes, beans) on top of the saucer to weigh it down. Press for 15 to 30 minutes to remove excess liquid from tofu.
- In the mean time, make the marinade/sauce. Combine the soy sauce, ginger, jam, sesame oil, vinegar, salt and pepper in a measuring cup. Pour 1/2 the marinade into a pie plate and reserve the rest for serving. Preheat the oven to 400 degrees and wash and separate the cauliflower into florettes.
- Cut tofu into into cubes and toss them with the marinade in the pie plate to coat. Let sit for 10 minutes.
- Sprinkle the cauliflower with salt and pepper to taste, drizzle with olive oil and place in single layer on a baking sheet.
- When the marinade is absorbed, sprinkle the tofu with 1 tablespoon of the corn starch and toss to coat. Repeat with remaining 2 tablespoons of corn starch tossing until tofu is coated and lumpy.
- Roast cauliflower until golden, about 10- 15 minutes checking frequently.
- Heat a large skillet over medium high heat. Add 2 tablespoons olive oil, and when hot add tofu to the pan. Wait until the first side is browned before turning the tofu. Brown on all sides.
- Mix the 2 rices together.
- Assemble the bowl: place a scoop of rice mixture in the bottom, top with tofu and cauliflower. Drizzle with remaining sauce.

