One Ingredient Chef

GENERAL TSO'S TOFU AND BROCCOLI
(Andrew Olson)

Ingredients:

- 16 oz firm tofu
- 1/3 cup cornmeal
- 2 tablespoons whole wheat flour
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons maple syrup
- 1 teaspoon red pepper flakes
- 1/2 teaspoon smoked paprika
- 2 cloves garlic, minced
- 3 green onions
- 2 cups broccoli
- Sesame seeds, for garnish
- Brown rice, for serving

Instructions:

NOTE: You can either cook the tofu in an air fryer at 370º for 10 minutes, or bake at 370º for about 15 minutes until crispy.

Step One
Break the tofu into small chicken-like chunks as shown. This is way cooler than just cubing the tofu because it gives you a more authentic look and more surface area for the batter. Then, make a breading from the cornmeal, flour, salt, black pepper, and garlic powder. Dip each piece of tofu (it should still be moist) into the batter and place in your air fryer (or a baking sheet in the oven). When all the pieces are coated cook at about 370º F until the batter has become really crispy and golden.

Step Two
While the tofu cooks, turn your attention to the sauce. There are about as many variations of General Tso's sauce as there are Chinese restaurants in America, but this one sticks with the basics: equal parts soy sauce, rice wine vinegar, and maple syrup, with some minced garlic, red pepper flakes, and smoked paprika. Add all of this to a small bowl and stir until well mixed.

Step Three
When the tofu is crispy, sauté the final dish. In a large pan, add all the sauce along with some broccoli florets (ideally already cooked – frozen and microwaved is great), chopped green onions, and the crispy tofu nuggets. Toss repeatedly until coated and allow to simmer over medium heat (tossing occasionally) for 5-7 minutes until most of the sauce is absorbed and everything is warm and delicious. Serve with a garnish of sesame seeds and a side of brown rice. Store any leftovers in the fridge for 2-3 days (they are amazing!)





One Ingredient Chef is the website of Andrew Olson, who wants to share the joy of cooking with everyone. Olson's philosophy is completely whole-food plant-based (WFPB). His recipes have more than one ingredient, they are just whole ingredients!

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