

Teriyaki Tofu



This teriyaki tofu is a simple and flavorful vegan option, loved by our dietitians and perfect for busy weeknights. Ideal for discovering tofu or for those who want to vary their flavors, this recipe combines a lightly sweet maple syrup sauce with crispy tofu and crunchy vegetables for a balanced meal rich in plant-based protein. For more information on plant-based eating, discover our [Essentials of Starting Veganism](#).

Preparation 15 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 435

Fat 13

Carbohydrates 56

Fibre 5

Protein 24

Sodium 960

Ingredients

- 454 g (1 lb) extra-firm tofu, cut into cubes
- 30 ml (2 tbsp) cornstarch
- 15 ml (1 tbsp) canola oil (or olive oil)
- 80 ml (? cup) reduced-sodium soy sauce (or tamari sauce)

- 30 ml (2 tbsp) ketchup (or chili sauce)
- 30 ml (2 tbsp) water
- 15 ml (1 tbsp) fresh ginger, grated
- 2 bell peppers, sliced into strips
- 1 head of broccoli, cut into florets
- 150 g (5 oz) rice vermicelli (or 3 nests of Lotus Foods–style millet and brown rice ramen)

Preparation

1. Place the tofu cubes in a large bowl, sprinkle with cornstarch and gently toss to coat well.
2. In a large nonstick skillet, heat the oil over medium heat and cook the tofu for 6 to 8 minutes, turning, until golden and crispy.
3. In a small bowl, mix the soy sauce, maple syrup, ketchup or chili sauce, and ginger. Set aside.
4. In the same skillet, add and cook the bell peppers and broccoli for 5 to 7 minutes, until tender yet still crisp.
5. Pour in the sauce and stir well. Continue cooking for 2 to 3 minutes, until the sauce thickens and coats everything well.
6. Meanwhile, cook the rice vermicelli or ramen in a large pot of boiling water according to the package instructions. Drain.
7. Serve the teriyaki tofu over the noodles, garnish with green onions and sesame seeds if desired.

Notes

Keeps 4 days in the refrigerator or 3 months in the freezer.



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