Air Fryer (or Oven) Crispy Tofu and Broccoli

Recipe by Chef Jen

TOFU
- 1 block extra firm tofu
- 1.5 teaspoons extra virgin olive oil
- 2 teaspoons low sodium tamari or soy sauce
- 2 teaspoon cornstarch

BROCCOLI
- 3 cups broccoli florets
- 1.5 teaspoons extra virgin olive oil
- Kosher salt and fresh ground black pepper to taste

Teriyaki Sauce
- ½ cup low sodium tamari or soy sauce
- 3 tablespoons water
- 2 tablespoons maple syrup
- 2 tablespoon rice vinegar
- 1 clove grated garlic
- ½ teaspoon sriracha
- ¼ teaspoon ground ginger
- 1 teaspoon cornstarch whisked together with 1 teaspoon of water

1. Drain the tofu and pat dry with paper towels. Slice the tofu, horizontally in half then into chunks.
2. Line a cutting board or plate with a tea towel or paper towels, then arrange the tofu in a single layer on the towel. Fold the towel over the cubed tofu and place something heavy on top such as a cast iron skillet.
3. Let the tofu rest for 15-30 minutes, the longer the better.
4. Set Air Fryer to 370 degrees.
5. Place the pressed tofu into a large mixing bowl and drizzle with 1½ teaspoons olive oil, 2 teaspoons tamari and 2 teaspoons cornstarch. Toss to combine until there are no powdery spots from the cornstarch remaining.
6. In the same mixing bowl add the broccoli florets, another 1½ teaspoons olive oil, kosher salt and black pepper. Toss together until coated.
7. Put Tofu and broccoli into airfryer basket (depending on the size of the fryer, you may have to do this in batches). Set timer for 12 minutes. Every 4 minutes remove the basket and "shake" to stir up the tofu. Every air fryer is different, be sure to monitor how it is cooking.

Meanwhile, boil one bag of brown rice according to directions on package and make the teriyaki sauce.
1. In a saucepan over medium-high heat, whisk together all the ingredients for the sauce except the teaspoon of cornstarch mixed with a teaspoon of water (aka Slurry).
2. Bring the sauce to a boil then whisk in the slurry.
3. Reduce the heat to medium and continue to whisk until the sauce thickens.
4. Once the tofu and broccoli have finished in the air fryer, dump them back into the mixing bowl and toss with the desired amount of teriyaki sauce.
5. Serve alongside brown rice.

**OVEN OPTION: Decrease Broccoli to 2 cups and add 1 cup chopped carrots**
1. Heat oven to 400°F.
2. Line baking pan with parchment paper or sprayed foil.
3. In a large mixing bowl whisk olive oil, soy sauce and starch. Add tofu and broccoli toss to coat.
4. Arrange broccoli and tofu on pan. Bake for ~24 minutes, tossing the tofu and broccoli halfway, until the tofu is golden and crisp on the edges.
5. While tofu and broccoli are baking, boil 1 bag of instant brown rice. Serve alongside Tofu and Broccoli when done.