

# Crispy Tofu Steaks & Roasted Broccoli

*with Smashed Purple Potatoes & Dijon Mustard Vinaigrette*

Tofu has long been a staple of vegetarian entrees. Though it originated in Asia, we've come up with a refreshing rendition using traditional French techniques. A tangy, smooth Champagne vinegar-Dijon vinaigrette and rustic smashed purple potatoes put a new spin on this classic ingredient.



## Ingredients

- 2 Tablespoons Champagne Vinegar
- 1 14-Ounce Package Extra Firm Tofu
- 1 Bunch Parsley
- 1 Head Broccoli
- 1 Pound Purple Potatoes
- 1 Shallot
- 1 Teaspoon Garlic Powder
- ¼ Cup Rice Flour
- 1 Tablespoon Dijon Mustard

Makes 2 Servings  
About 545 Calories Per Serving



# Instructions



## Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Drain the tofu; slice in half once horizontally, then once lengthwise to create 4 steaks. Pick the parsley leaves off the stems; discard the stems. Cut the broccoli into large florets. Cut the potatoes into 1-inch pieces. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra shallot). Place the minced shallot in a bowl with the **Champagne vinegar**.



## Roast the broccoli:

Place the **broccoli** on a sheet pan, toss with olive oil and season with salt and pepper. Arrange the broccoli in a single layer and roast, stirring halfway through, 15 to 17 minutes, or until browned. Remove from oven and set aside.



## Make the potatoes:

While the broccoli roasts, add the **potatoes** to the boiling water. Cook 15 to 17 minutes, or until very tender when pierced with a fork. Drain the cooked potatoes thoroughly and return to the pot. Add a drizzle of olive oil and, using a fork, mash the potatoes to your desired consistency. Season with salt and pepper and set aside in a warm place.



## Make the mustard vinaigrette:

While the potatoes cook, add the **Dijon mustard** to the **shallot-vinegar mixture** and season with salt and pepper. Slowly whisk in **2 tablespoons of olive oil** until well combined. Set aside as you continue cooking.



## Cook the tofu:

While the potatoes continue to cook, in a large bowl, season the **tofu** with salt and pepper and toss with the **rice flour** and **garlic powder** until thoroughly coated. In a large pan (nonstick, if you have one), heat a ¼-inch layer of oil on medium-high until hot. Once the oil is hot enough that the tofu sizzles immediately when added to the pan, add the **coated tofu** (first shaking off any excess flour) and cook 8 to 10 minutes per side, or until browned. Transfer the cooked tofu to a paper towel-lined plate and season with salt and pepper immediately.



## Plate your dish:

Divide the **cooked tofu**, **smashed potatoes** and **roasted broccoli** between 2 plates. Top with a few spoonfuls of **mustard vinaigrette** and garnish with the **parsley**. Enjoy!