Tofu Katsu & Soy Mayo

with Marinated Vegetables & Roasted Broccoli

2 SERVINGS | 🕐 **30–40 MINS**

Your meal may look different due to ingredient tweaks

Our take on katsu (a Japanese technique for breading that achieves an exquisitely crunchy texture), highlights airy panko breadcrumbs and vibrant togarashi, which lend beautifully golden brown color to hearty tofu.

Ingredients

- 14 oz Firm Tofu
- 1 Pasture-Raised Egg
- ½ cup Jasmine Rice
- ½ lb Broccoli
- 3 oz Radishes
- 1 Persian Cucumber
- 1 Lime
- 1 ¼ cups Panko Breadcrumbs
- 2 Tbsps Soy Glaze
- 2 Tbsps Mayonnaise
- ¼ cup Rice Flour
- 1 Tbsp Soy Sauce
- 1 Tbsp Mirin*
- 1 Tbsp Togarashi Seasoning**

*salted cooking wine
**Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds

Wellness at Blue Apron

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VEGETARIAN

WINE PAIRING
Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.
**blueapron.com/wine**

1 Press the tofu

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Drain the **tofu**, then place on a paper towel-lined plate. Place several layers of paper towels on top, then place a heavy-bottomed pot (or pan) on top of the paper towels.
- Set aside to release the excess liquid at least 10 minutes.

2 Prepare the ingredients & marinate the vegetables

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the bottom ½ inch of the **broccoli** stem; cut into small florets.
- Quarter the **lime**.
- Small dice the **cucumber**.
- Halve the **radishes** lengthwise, then thinly slice crosswise.
- In a bowl, combine the **diced cucumber**, **sliced radishes**, **mirin**, and a drizzle of **olive oil**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.
- In a separate bowl, combine the **mayonnaise** and **soy glaze**.

Ingredient updates mean this step may look different for you.
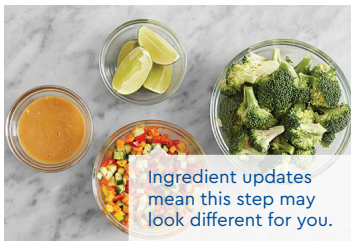
3 Cook the rice

- Meanwhile, in a small pot, combine the **rice**, **a big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.

4 Roast the broccoli

- Meanwhile, place the **broccoli florets** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven. Top with **the juice of 2 lime wedges** and carefully stir to coat.

5 Prepare & coat the tofu

- Meanwhile, transfer the **pressed tofu** to a cutting board. Cut the tofu in half horizontally, then halve each piece crosswise. Season with salt and pepper on both sides.
- Crack the **egg** into a bowl; add the **soy sauce** and beat until smooth.
- Place the **flour** and **breadcrumbs** on two separate large plates. Season each with salt and pepper. Season the breadcrumbs with **all but a pinch of the togarashi**.
- Working one piece at a time, thoroughly coat the **seasoned tofu** in the **seasoned flour** (tapping off any excess), then in the **egg-soy sauce mixture** (letting any excess drip off), then in the **seasoned breadcrumbs** (pressing to adhere). Transfer to a separate plate.

6 Cook the tofu & serve your dish

- In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of breadcrumbs sizzles immediately when added, add the **coated tofu** in an even layer. Cook 3 to 4 minutes per side (if the pan seems dry, add a drizzle of oil before flipping), or until golden brown and crispy.
- Transfer to a paper towel-lined plate and immediately season with salt.
- Serve the **cooked rice** topped with the **cooked tofu**, **roasted broccoli**, and **marinated vegetables** (including any liquid). Drizzle the tofu with the **soy mayo**. Garnish with the **remaining togarashi**. Serve the **remaining lime wedges** on the side. Enjoy!