

Tofu Katsu & Soy Mayo

with Marinated Vegetables & Roasted Broccoli

2 SERVINGS

⌚ 35-45 MINS

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Ingredients*

 12 oz Extra Firm Tofu

 1 Pasture-Raised Egg

 ½ cup Long Grain White Rice

 1 ¾ cups Panko Breadcrumbs

 ½ lb Broccoli

 1 Bell Pepper

 1 Persian Cucumber

 1 Lime

 1 Tbsp Mirin¹

 1 Tbsp Soy Sauce

 2 Tbsps Soy Glaze

 2 Tbsps Mayonnaise

 ¼ cup Rice Flour

 1 Tbsp Togarashi Seasoning²

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1. salted cooking wine 2. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds
*Ingredients may be replaced and quantities may vary.

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1 Press the tofu

- Place an oven rack in the center of the oven; 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

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- Quarter the **lime**.
- Small dice the **cucumber**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then small dice.
- In a bowl, combine the **diced cucumber**, **diced pepper**, **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**.



3 Cook the rice

- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- 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, 13 to 15 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 gently 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!

