

Japanese-Inspired Quinoa and Vegetable Bowl With Peanut-Butter Curry Baked Tofu

Serves 3-4

For the Quinoa:

1 cup quinoa
2 cups water or vegetable stock

For the vegetable stir-fry:

1 tablespoon sesame oil (toasted or un-toasted)
1 shallot, thinly sliced
1 1/2 tablespoon Kikkoman Gluten-Free Hoisin Sauce
1/2 tablespoon dou ban jiang (Chinese fermented broad bean paste), or sriracha
2 garlic cloves, finely chopped
2 tablespoon water or vegetable stock
1/2 inch piece of ginger, scraped and finely chopped
1 medium-sized head of broccoli, cut into florets
2 carrots, julienned
Scallions, to garnish
Sesame seeds, to garnish

For the peanut-butter curry baked tofu:

1/2 block of tofu, compressed for 10 minutes and drained of excess water
1 cup peanut butter
2 tablespoon tamari
2 tablespoon maple syrup or agave
2 tablespoon curry powder
2 teaspoon ginger paste
2 teaspoon dou ban jiang or sriracha
1/2 cup very hot water

Preheat the oven to 375F

Prepare the quinoa: Combine the quinoa and water or vegetable stock in a pot and set over medium high heat. Bring to a boil and reduce the heat to medium. Allow the quinoa to cook, stirring occasionally, until all the liquid has been absorbed, about 20 minutes. Remove from the heat and set aside.

Prepare the tofu: Meanwhile, slice the tofu block into 1/2 inch cubes. Combine the rest of the peanut-butter curry ingredients in a large mixing bowl to form the peanut-butter curry sauce. Stir until well incorporated. Add the tofu to the mixing bowl and stir until the tofu is well coated. Transfer the tofu to a lightly greased baking sheet and bake for 15-20 minutes, rotating the pan after 10 minutes. Reserve any excess peanut sauce for drizzling at the end if desired.

Prepare the stir-fry: Meanwhile, add sesame oil to a saute pan and set over medium high heat. When the oil and pan are hot, add the shallots and cook for 30 seconds, stirring occasionally. Next, add the ginger and stir for another thirty seconds. Finally, stir in the garlic and cook for 30 more seconds. Add the carrots to the pan and cook for 1 minute, stirring occasionally. Next, add the broccoli and cook for 30 seconds, stirring occasionally. Add 2 tablespoons of water or

vegetable stock to the pan and, covering the pot with a lid, steam the vegetables for a few minutes, stirring occasionally. When the vegetables are partially steamed, add the hoisin and dou ban jiang or sriracha, stirring to incorporate. Continue cooking, stirring occasionally, until the vegetables are cooked through, about 10 minutes. Remove from the heat and set aside.

To assemble the dish: Fill the base of your bowl with the quinoa. Add the stir fried vegetables to one half of the bowl and the baked tofu to the other. Garnish the bowl with sesame seeds, chopped scallions and more peanut sauce if you desire.