

# Sesame-Ginger Tofu Buddha Bowl

Web Recipe · Dinner · GF

510 cal · 26g protein · 56g carbs · 22g fat · 4 servings

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## Ingredients

- 1 block (14 oz) extra-firm tofu pressed and cubed
  - 2 tbsp cornstarch
  - 2 tbsp sesame oil
  - 3 tbsp soy sauce
  - 1 tbsp rice vinegar
  - 1 tbsp maple syrup
  - 1 tsp fresh ginger grated
  - 1 clove garlic minced
  - 2 cups cooked quinoa
  - 2 cups shelled edamame
  - 2 cups shredded purple cabbage
  - 2 large carrots julienned
  - 1 large cucumber sliced
  - 1 avocado sliced
  - 2 tbsp sesame seeds
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## Instructions

1. Press and cube tofu. Toss in cornstarch.
  2. Heat sesame oil in a skillet over medium-high heat. Pan-fry tofu 8-10 minutes until crispy on all sides.
  3. Make the glaze: whisk soy sauce, rice vinegar, maple syrup, sesame oil, grated ginger, and garlic. Pour over crispy tofu and toss to coat.
  4. Cook quinoa according to package directions.
  5. Assemble bowls: place quinoa in the base. Arrange edamame, shredded cabbage, julienned carrots, sliced cucumber, and avocado around the bowl.
  6. Top with glazed tofu, sesame seeds, and green onions. Drizzle with sriracha if desired.
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Generated by Meal Planner · Per serving macros