

Tofu with Cilantro-Orange Zucchini & Bell Pepper Sauté over Rice



30 minutes | 2 servings

Find cookware

[aluminum foil](#)
[baking sheet pan](#)
[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[grater \(optional\)](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[nonstick skillet](#)
[small saucepan](#)
[stirring spoon](#)
[tongs](#)
[whisk or fork](#)

Grab ingredients

4 fl oz	chicken or vegetable broth
½ small bunch	cilantro
1 (12 oz) pkg	extra firm tofu
½ cup	jasmine rice
½	orange
½	red bell pepper
½ medium	red onion
1 medium	zucchini squash
	black pepper
	cornstarch
	crushed red pepper
	cumin, ground
	extra virgin olive oil
	garlic powder
	salt
	soy sauce

Cook & enjoy

- 1 Cut tofu in half along the long side. Sandwich tofu between clean towels or paper towels and place on a baking sheet pan. Place a cutting board with something heavy on top and set aside to press out excess water.
1 (12 oz) pkg extra firm tofu
- 2 Using a strainer or colander, rinse the rice under cold, running water, then drain and transfer to a small saucepan. Add water and salt, then bring the mixture to a boil over high heat.
½ cup jasmine rice
1 cup water
⅛ tsp salt
- 3 Once the liquid comes to a boil, stir the mixture, cover the saucepan, and reduce heat to low. Cook rice until liquid is fully absorbed, 15-18 minutes. Once done, remove rice from the heat and let it stand, still covered, for 5 minutes.
- 4 Meanwhile, wash and dry the fresh produce.
1 medium zucchini squash
½ red bell pepper
½ orange
½ small bunch cilantro
- 5 Trim and large dice zucchini; place in a small bowl.
- 6 Trim, seed, and large dice bell pepper; add to the bowl with the zucchini.
- 7 Peel, halve, and large dice onion; add to the bowl and set aside.
½ medium red onion
- 8 Preheat a skillet over medium-high heat.

- 9 While the skillet heats up, cut the tofu planks in half, then cut each half into two triangles; place on a plate. Sprinkle cornstarch, salt, and pepper over both sides, pressing gently to adhere.
- 2 tbsp cornstarch
½ tsp salt
¼ tsp black pepper
- 10 Once the skillet is hot, add oil and swirl to coat the bottom. Add tofu and cook, flipping once, until golden brown and crispy, about 10 minutes. Return to the plate and loosely cover with aluminum foil; set aside.
- 1 tbsp extra virgin olive oil
- 11 Meanwhile, zest and juice orange into another small bowl.
- 12 Shave cilantro leaves off the stems; discard stems and mince the leaves. Add to the bowl with the orange juice, along with broth, soy sauce, additional cornstarch, and spices. Whisk to combine the sauce.
- 4 fl oz (½ cup) chicken or vegetable broth
1 tbsp soy sauce
2 tsp cornstarch
½ tsp cumin, ground
½ tsp garlic powder
¼ tsp black pepper
1 pinch crushed red pepper
- 13 Return skillet to medium-high heat.
- 14 Once the skillet is hot, add more oil and swirl to coat the bottom. Add veggies and sauté until fork-tender, 6-7 minutes.
- 1 tbsp extra virgin olive oil
- 15 Add sauce to the skillet with the veggies; continue to cook, stirring often, until sauce is thickened, about 1 minute.
- 16 To serve, divide rice, tofu, veggies, and sauce between plates. Enjoy!