

# 5-Ingredient Crispy Teriyaki Tofu

Prep: 15 mins

Cook: 35 mins

Tofu Draining Time: 10 mins

Total: 60 mins

Servings: 4 servings

Yield: 5 1/2 cups tofu and broccoli

Making crispy tofu that isn't battered and fried can be a challenge. Tofu, even the extra-firm variety, is extremely wet, which is why so many recipes have you jump through all kinds of hoops: pressing, patting dry, and double-frying among them. But this recipe is all about the easiest path to a light-crisp coating, without the hassle of deep-frying.

The tofu gets surprisingly crisp in the oven thanks to a light coating of cornstarch and a hot oven temperature. When coated in the thickened teriyaki glaze, it takes on that satisfying balance of a slightly crisp yet saucy exterior encasing a decadently tender interior.

Using teriyaki basting sauce gives the tofu an aromatic savoriness without requiring a bunch of different ingredients. The punchiness of the tofu is nicely contrasted by the just crisp, earthy broccoli which is just the right mix of toothsome and tender. Steam up a perfect pot of rice on the side and dinner is done!

## Recipe Tips

- Make sure the teriyaki sauce is a thick glaze and not just a thin marinade that looks closer to soy sauce.
- If your tofu seems especially wet, it wouldn't hurt to even pat the tops dry or leave a couple paper towels or a kitchen towel over the top to help sop up more moisture.

## Ingredients

- 1 (14-ounce) package extra-firm tofu, drained and cut into 1-inch cubes
- 2 tablespoons canola oil, divided
- 4 1/2 tablespoons cornstarch
- 1 pound (1 1/2-inch) broccoli florets (about 7 cups)
- 1/2 teaspoon fine salt
- 1/2 teaspoon ground black pepper
- 1/3 cup teriyaki baste-and-glaze sauce (such as Kikkoman)
- 1/4 cup thinly sliced green onions

## Steps to Make It

1. Gather the ingredients. Preheat the oven to 425 F.
2. Spread 1 (14-ounce) package extra-firm tofu, drained and cut into 1-inch cubes in an even layer on a kitchen towel or a double layer of paper towels and let drain for 10 to 15 minutes.
3. Gently toss together the drained tofu and 1 tablespoon canola oil in a medium bowl until evenly coated.
4. Spread 4 1/2 tablespoons cornstarch on a large plate and toss the tofu in the cornstarch until all sides are coated evenly. Transfer the tofu to one side of a parchment paper-lined rimmed baking sheet.
5. Toss together 1 pound broccoli florets (about 7 cups), 1/2 teaspoon fine salt, 1/2 teaspoon black pepper, and the remaining 1 tablespoon canola oil in a large bowl until evenly coated. Spread out the broccoli evenly on the other half of the baking sheet.
6. Bake until the tofu becomes crispy and the broccoli is browned in spots and tender, about 30 minutes, flipping the tofu and broccoli halfway through.
7. Heat 1/3 cup teriyaki baste-and-glaze sauce in a large nonstick skillet over medium. Cook, stirring often, until the sauce thickens to a loose jam consistency, 2 to 3 minutes. Add the tofu, stirring constantly, until fully coated in glaze, 1 to 2 minutes.
8. Remove from the heat and top with 1/4 cup thinly sliced green onions. Serve immediately with the broccoli.

## How To Store

Leftovers hold up well for 2 days in the fridge. Reheat in the microwave, a 400 F oven or a 350 F air fryer.

## Recipe Variations

- Serve this dish garnished with toasted sesame seeds or fresh cilantro.
- Swap in cauliflower, green beans, or even halved Brussels sprouts for the broccoli.
- If you don't have cornstarch, potato starch is a good substitute.