

Honey Soy Glazed Tofu Bowl

Servings: 2 bowls

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients

1 block firm tofu, drained and cubed

1 Tbsp soy sauce

1 Tbsp honey

1 cup broccoli florets

1 cup cooked rice (white or jasmine works great)

1 Tbsp oil for cooking

Optional garnish: sesame seeds, sliced green onions

Directions

1. Preparing the tofu (important step!)

Pat tofu very dry with paper towels.

Cut into bite sized cubes.

(Optional but recommended): Toss tofu lightly with 1–2 teaspoons of cornstarch for extra crispiness.

2. Pan fry the tofu

Heat 1 Tbsp oil in a pan over medium high heat.

Add tofu cubes in a single layer.

Cook 6–8 minutes, flipping occasionally, until all sides are golden and crisp.

3. Make the honey soy glaze

In a small bowl, mix:

1 Tbsp soy sauce

1 Tbsp honey

Pour this mixture over the golden tofu.

Stir and cook 2 minutes until the glaze thickens and coats the tofu beautifully.

4. Steam the broccoli

Steam broccoli 3–4 minutes until bright green and slightly tender.

Microwave option: broccoli + 2 Tbsp water, cover, microwave 2 minutes.

5. Build the bowl

Fill bowls with warm cooked rice.

Add steamed broccoli.

Spoon the glossy honey soy tofu over the top.

Optional: sprinkle sesame seeds or green onions.

Notes & Tips

Extra crispy tofu: Freeze tofu overnight, thaw, then press.

Want spiciness? Add ½ tsp chili flakes or sriracha to the glaze.

Add protein: A soft boiled egg pairs perfectly.

Swap veggies: bok choy, snap peas, or carrots.