

CHINESE BROCCOLINI WITH TOFU

INGREDIENTS

- 8 Chinese broccoli
- 4 cloves garlic, sliced
- 1 tsp toasted sesame oil
- ½ onion
- 2 tsp chili flakes
- 2 tbsp tamari
- 1 tbsp Hoisin Sauce
- 1 inch fresh grated ginger or 2 tsp dried
- 2 cups buckwheat or whole wheat noodles
- 4 cups veggie broth
- 1 block of extra-firm tofu, pressed, drained, cubed

DIRECTIONS

1. Wash and trim dried ends off the Chinese broccoli. Briefly sauté in small amount of broth 1-3 minutes until slightly softened. Shock in ice water.
2. Add all the veggie broth and cook noodles until al dente. Save broth and remove noodles.
3. Continue to cook veggie broth to reduce.
4. In a separate pan, sauté onions and garlic in sesame oil on med-hi until golden brown and crispy.
5. To this pan, add cubed tofu, Chinese broccoli, ginger, and chili flakes. Sauté until greens are wilted fully. Add ¼ cup of veggie broth or more to form a sauce mixture.
6. Mix noodles with soy sauce, and small amount of veggie broth to form a sauce.
7. Serve noodles together with Chinese broccoli-tofu mixture. Add pickled vegetables for a crunch and contrasting flavor.

