Ingredients

1 block of firm tofu cut into 1 inch pieces

Olive oil to bake tofu

Cornstarch for tofu

Salt, Pepper and Garlic powder to toss with tofu

2 bunches of broccoli

½ C water

¼ C soy sauce

2 T maple syrup

1 T ground pepper

2 tsp ground ginger

4T peanut oil

1 small red onion, minced well

1 jalapeno, seeded and finely minced

10 garlic cloves, minced

Procedure

1. Preheat oven to 400F and bake the tofu by tossing with the olive oil, cornstarch, salt, pepper and garlic powder, then bake for 15 minutes on parchment paper, flip, and bake another 15 minutes
2. While the tofu is cooking, combine the ingredients for the sauce in a bowl and mix very well
3. Also chop and boil the broccoli for 2-3 minutes or until al dente. Set aside.
4. Heat oil in saute pan to medium-high and saute the onion and jalapenos 4-5 minutes, then add the garlic and saute another 2 minutes stirring well, cooking until fragrant.
5. Pour in the sauce mixture and stir to combine, then simmer until thickened. Add in the baked tofu and toss until it’s evenly coated
6. Serve with any other ingredients and portion