Opinion
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Sweet chili tofu broccoli stir-fry (NCR photo/Stephanie Yeagle)



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This recipe is part of a Lent 2025 series where NCR staff will share some of their favorite meatless meals. Sign up for the EarthBeat Reflections email newsletter to receive a recipe in your inbox each Friday of Lent this year.



Don't sleep on tofu.

Made from soybeans, this protein-rich food is ridiculously versatile. You can eat it straight from the package (not my preferred method), marinate it, bake it, sear it, fry it or even freeze and thaw for a meatier texture.

In my gluten-free, dairy-free, mostly vegan household, tofu is a staple that we eat at least once a week. This recipe is one of my favorites. It's quick and easy, plus it has lots of space for swapping out ingredients with whatever you have on hand. I've experimented with different vegetables and even different sauces. Try teriyaki with bell peppers, for example.

Pro-tip: After you squeeze out all of the water from your tofu, tear it into small chunks rather than cut it into cubes. The jagged edges give you crispier bites.



Sweet chili tofu broccoli stir-fry (NCR photo/Stephanie Yeagle)

Sweet chili tofu broccoli stir-fry

Servings – 4 people
Prep time – 20 minutes
Cook time – 20 minutes

Ingredients

- 1 (15-ounce) block extra-firm tofu
- 1/2 teaspoon salt
- 2 tablespoons cornstarch
- 2 tablespoons olive or avocado oil
- 2 scallions, white and green parts, sliced
- 1/2 cup broccoli florets
- 1 cup sweet chili sauce

- Rice for serving

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Instructions

1. Wrap the tofu in a few layers of paper towels or a clean kitchen towel and set it on a cutting board. Place a heavy object, such as a cast iron skillet, on top of the wrapped tofu and let it sit for 10 minutes. Or, use a tofu press to drain as much liquid as possible. Pat the drained tofu dry, then dice it into 1-inch cubes. Sprinkle the salt and cornstarch on the tofu and toss well.
2. Heat the oil in a large skillet over medium-high heat. Saute the tofu for about 10 minutes, until crisp and golden on all sides. Transfer the tofu to a plate and set aside.
3. In the same skillet, combine the scallions and broccoli, adding a bit more oil if needed. Saute the vegetables for about 5 minutes, until broccoli starts to become tender.
4. Add the sweet chili sauce to the pan and bring to a simmer. Reduce the heat to medium and add the tofu back in. Allow to simmer for two minutes, until the sauce thickens and the tofu is coated. Serve over your favorite rice.

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This story appears in the **Lent 2025** and **Our Daily Bread** feature series.