

# Honey Soy Glazed Tofu Bowl

**Servings:** 2 bowls   **Prep Time:** 10 minutes   **Cook Time:** 15 minutes   **Total Time:** 25 minutes

This honey soy glazed tofu bowl is a quick, satisfying meal that proves tofu doesn't have to be bland or boring. Crispy pan-fried tofu gets coated in a glossy honey-soy glaze, then served over warm rice with tender broccoli for a balanced, comforting bowl that's ready in under 30 minutes.

It's perfect for busy weeknights, meatless dinners, or anyone looking for a flavorful plant-based meal that actually feels filling.

## Why You'll Love This Tofu Bowl

- Crispy tofu without deep frying
- Sweet-savory glaze that coats every bite
- Simple pantry ingredients
- Ready in 25 minutes
- Easily customizable with vegetables or spice levels

## 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)
- 1 Tbsp oil for cooking
- Optional garnish: sesame seeds, sliced green onions

## Ingredient Notes & Substitutions

**Tofu:** Firm tofu works best; extra-firm gives even crispier results.

**Soy sauce:** Low-sodium or tamari can be used for gluten-free.

**Honey:** Adds shine and sweetness; maple syrup works for vegan option.

**Rice:** Jasmine is fragrant, but brown rice or quinoa also work.

**Broccoli:** Adds freshness and crunch; other vegetables can be substituted.

## Instructions

### 1 Step 1: Prepare the tofu

Pat tofu very dry. Cut into cubes. For extra crispiness, toss lightly with 1–2 tsp cornstarch (optional).

### 2 Step 2: Pan-fry the tofu

Heat oil in a skillet over medium-high. Add tofu in a single layer and cook 6–8 minutes, turning occasionally, until golden and crisp.

### 3 Step 3: Make the honey soy glaze

Mix soy sauce and honey. Pour over tofu and cook 2 minutes, stirring gently until glossy.

#### 4 **Step 4: Steam the broccoli**

Steam broccoli 3–4 minutes until bright green and tender. Microwave option: 2 minutes with water, covered.

#### 5 **Step 5: Build the bowl**

Divide rice between bowls. Top with broccoli and honey soy tofu. Garnish if desired.

### Tips for Best Results

- Don't overcrowd the pan so tofu crisps instead of steaming
- Loosen glaze with a splash of water if it thickens too fast
- Taste before serving and adjust sweetness or salt

### Storage & Reheating

**Refrigerator:** Store leftovers up to 3 days in airtight container.

**Reheat:** Warm gently in skillet or microwave with a splash of water.

### Variations to Try

- Spicy version: Add chili flakes or sriracha to glaze
- Veggie swap: Use bok choy, snap peas, carrots, or bell peppers
- Extra protein: Add soft-boiled egg or edamame
- Vegan option: Replace honey with maple syrup