



HOME CHEF

Korean BBQ Tofu

With Farro Stir Fry



Korean BBQ and farro aren't two foodstuffs you usually hear in one sentence, but we decided to mix it up just for y-o-u. We use Gochujang — a staple in Korean cooking made with red chilis, rice, and fermented soybeans. It adds spice and complexity. Paired with ginger, soy, brown sugar, and sesame oil, it's a perfect tofu marinade. It's served with roasted veggies over farro — a type of wheat grain shaped like rice that's popular in Italy.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 582
Carbohydrates: 60g
Fat: 24g
Protein: 32g
Sodium: 1151mg
per serving

DIETARY



LOW CALORIE



DAIRY-FREE



NUT-FREE

DRINK PAIRING

Soju, or "Korean vodka" is the most popular alcohol in the world. It's hugely ingrained in Korean culture, and dates back to the 13th century. Drink it straight or drop it into a pint of beer for a soju bomb.

INGREDIENTS

14 oz. Extra Firm Tofu
2 Tbsp. Gluten-Free Soy Sauce
2 Tbsp. Light Brown Sugar
1 tsp. Gochujang Red Pepper Paste
2 tsp. Toasted Sesame Oil
2 tsp. Chopped Ginger
1 Tbsp. Sesame Seeds
 $\frac{3}{4}$ Cup Farro
3 Green Onions
5 oz. Broccolini
1 Red Bell Pepper

WHAT YOU NEED

Olive Oil
Salt

EQUIPMENT

Mixing Bowl
Medium Pot
Colander
Medium Non-Stick Pan

DID YOU KNOW?

Tofu comes in different firmness levels, including firm, soft, and silken. In this recipe, firm tofu is used because it's easiest to cube. Soft and silken tofus are typically used in recipes that require blending.

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Prepare Tofu and Marinade

Thoroughly rinse produce and pat dry. Cut **tofu** into $\frac{3}{4}$ " cubes and place on a paper towel in a single layer. *Removing moisture allows tofu to better absorb flavor from the marinade.* In a medium mixing bowl, combine **soy sauce, brown sugar, Gochujang, sesame oil, ginger,** and **sesame seeds**. Stir to combine and add drained tofu. Toss gently to coat and set aside to marinate at least 10 minutes.



Cook the Farro

While tofu marinates, bring a medium pot with 3 cups **lightly salted water** to a boil. Place a colander in the sink. Add **farro** to pot, return to boil, then reduce heat to simmer. Cook 20 minutes, stirring occasionally, until grains are tender. Drain in colander and set aside.



Finish Preparing Ingredients

Trim and thinly slice **green onions** at an angle (bias), keeping white and green parts separate. Add white parts to the bowl with marinated tofu. Trim ends of **broccolini** and cut into 1- $\frac{1}{2}$ " pieces. Stem, seed, and slice **red bell pepper** into thin $\frac{1}{4}$ " strips.



Cook the Tofu

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **tofu** to pan using a slotted spoon, reserving marinade to season vegetables in step 5. Sear tofu on 2-3 sides until lightly caramelized, about 10 minutes total, and remove to a plate.



Finish Farro Stir Fry

Return pan to heat (no need to wipe clean) and add 1 tsp. **olive oil**. Add **broccolini** and **red bell pepper**. Cook for about 5-6 minutes, stirring often, until vegetables begin to soften. Add **cooked farro** and **reserved marinade**. Stir to combine and cook 4 minutes, or until vegetables are tender and marinade has thickened slightly.



Plate the Dish

Place a bed of **farro stir fry** on a plate or in a shallow bowl. Arrange **tofu pieces** on top, garnish with **green parts of green onions**, and serve.