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 chilies, 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**

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**DIETARY**

- Low Calorie
- Dairy-Free
- Nut-Free

**NUTRITION**

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

**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
¾ 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

Prepare Tofu and Marinade
Thoroughly rinse produce and pat dry. Cut tofu into ¾” 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 1-½” pieces. Stem, seed, and slice red bell pepper into thin ¼” 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.

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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