

Sheet Pan Vegan Chicken and Broccoli

If you're looking to level up your takeout at home game, then you'll love this **Sheet Pan Vegan Chicken and Broccoli** option made with tofu puffs!



Prep Time
5 mins

Cook Time
20 mins

Total Time
25 mins

★★★★★
5 from 8 votes

Course: Main Course Cuisine: Asian Diet: Vegan, Vegetarian Servings: 4 people
Calories: 224kcal Author: [Andrew Bernard](#)

Ingredients

- 1 ¼ cup [vegetable stock](#)
- 1-2 tablespoon [cornstarch](#) (sub with arrowroot powder)
- 1 head broccoli, stems included, cut into bite size pieces
- 2 tablespoon [olive oil](#)
- ½ teaspoon [salt](#), more or less to taste
- ½ tsp [black pepper](#), more or less to taste
- 2 tbsps shoaxing wine (sub with red wine vinegar)
- 3 tablespoon [soy sauce](#)
- 2 tablespoon [vegan fish sauce](#)
- 2 teaspoon [sesame oil](#)
- 2 teaspoon [brown sugar](#)
- ¼ teaspoon white pepper, optional
- 3 cloves garlic, minced
- ½ teaspoon fresh ginger, optional
- 1 package puffed tofu (sub with pressed extra firm tofu)

Instructions

1. Preheat oven to 400° F. Line a baking sheet with parchment paper or grease with oil. Whisk together cornstarch and stock. Set aside
2. In a large bowl, add broccoli pieces. Drizzle oil, salt, and pepper over and toss to combine. Add to a baking sheet. Bake for 10 minutes.
3. In a medium bowl, combine all ingredients from wine to ginger and whisk. Add in cornstarch mixture to this and whisk again.
4. In large bowl, add the cooked broccoli, puffed tofu, add the sauce. Toss to combine. Put back on baking sheet and cook for 10 minutes or until broccoli pieces are fork tender and

puffs are warm throughout.

5. Top with sesame seeds or green onions if desired. Serve over rice, noodles, or quinoa.

Notes

*Nutritional values are only estimates. Please utilize your own brands for accuracy.

Nutrition

Serving: 0.25tray | Calories: 224kcal | Carbohydrates: 19g | Protein: 14g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 6g | Sodium: 1956mg | Potassium: 700mg | Fiber: 4g | Sugar: 7g | Vitamin A: 1105IU | Vitamin C: 136mg | Calcium: 115mg | Iron: 3mg