

Easy High-Protein Vegan Tofu Bowl with Herbed Quinoa & Sautéed Greens

Prep: 10 minutes • Cook: 30 minutes

Golden-crisp baked tofu in a savory-sesame glaze crowns herb-bright lemon quinoa with garlicky sautéed kale and spinach—vibrant, satisfying, and weeknight-quick.

Ingredients

- 14 oz (400 g) tofu (firm or extra-firm, pressed and cubed)
- 2 tbsp cornstarch (for coating tofu)
- 1 tsp garlic powder
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp olive oil (for baking tofu)
- 1 cup (240 ml) vegan stock (or vegetable broth)
- 2 tbsp soy sauce (use tamari for gluten-free)
- 1 tbsp rice vinegar (or apple cider vinegar)
- 1 tsp sesame oil
- 1 tsp cornstarch (to thicken sauce)
- 1 clove garlic (minced)
- 1/2 tsp fresh ginger (grated (optional))
- 1 cup (180 g) quinoa (uncooked, rinsed)
- 2 cups (480 ml) water (or vegetable broth)
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 tbsp fresh parsley (chopped)
- 2 tbsp fresh cilantro or dill (chopped)
- 2 scallions (sliced)
- 2 cups (70 g) kale (chopped and de-stemmed)
- 2 cups (60 g) baby spinach
- 1 tbsp olive oil (for sautéing greens)
- 2 cloves garlic (minced)
- 1 small shallot (finely chopped)
- pinch salt (to taste)

- pinch black pepper (to taste)
- to taste toasted sesame seeds (for garnish)
- to taste herbs or scallions (extra, for garnish)
- drizzle sesame oil (for serving)
- to taste lemon wedge (for serving)

Instructions

1. Cook the Quinoa: Rinse 1 cup (180 g) quinoa under cold water. Combine with 2 cups (480 ml) water or vegetable broth and cook until fluffy. Toss with olive oil, lemon juice, lemon zest, parsley, cilantro/dill, and sliced scallions; set aside.
2. Prep the Tofu: Press tofu to remove excess moisture, then cut into bite-sized cubes. Toss with cornstarch, garlic powder, sea salt, and black pepper. Arrange on a parchment-lined sheet, drizzle with olive oil, and bake at 450°F (230°C) for 20–25 minutes, flipping halfway, until crisp and golden.
3. Make the Sauce: In a small saucepan, whisk vegan stock, soy sauce, vinegar, sesame oil, and cornstarch. Heat over medium, stirring, until slightly thickened and glossy. Add minced garlic and optional grated ginger for deeper flavor.
4. Coat the Tofu: Transfer hot crispy tofu to a bowl and toss with the warm sauce until evenly glazed.
5. Sauté the Greens: In a skillet, warm olive oil with minced garlic and finely chopped shallot. Add kale and cook until slightly wilted, then add spinach; sauté just until tender and bright. Season with a pinch of salt and pepper.
6. Assemble & Serve: Spoon herbed quinoa into bowls, top with sauced tofu and sautéed greens. Garnish with toasted sesame seeds, extra herbs or scallions, and a drizzle of sesame oil or a squeeze of lemon.

Tags: Vegan, High Protein, Tofu, Asian, Weeknight Dinner, Meal Prep
