



BALSAMIC KALE & SWEET POTATO SAUTÉED RICE WITH CRISPY TOFU

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 700/SERVING



Nutty brown rice with caramelized sweet potatoes, crispy marinated tofu tossed in a shallot and herb balsamic dressing, with kale mixed in and wilted at the last minute. A super simple meal that hits the spot every time.

WHAT YOU'LL NEED

- Small pot
- Baking sheet
- Silicone baking mat (optional)
- Large pan
- Oil
- Salt
- Pepper



WHAT'S INSIDE

	2 servings	4 servings
Brown rice	1 cup	2 cups
Tofu	200 g	400 g
Shallot	1	2
Garlic	2 cloves	4 cloves
Sweet potato	1	2
Kale	1/4 bunch	1/2 bunch
Herb blend	3/4 tsp	1.5 tsp
Marinade	1/3 cup	2/3 cup

Nutrition Facts		Valeur nutritive	
Per Serving (410 g) pour 1 (410 g)			
Calories 700		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 23 g			31 %
Saturated / saturés 3.5 g			18 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 106 g			
Fibre / Fibres 10 g			36 %
Sugars / Sucres 14 g			14 %
Protein / Protéines 23 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 810 mg			35 %
Potassium 1100 mg			23 %
Calcium 450 mg			35 %
Iron / Fer 6 mg			33 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat oven to 400°F. Prep the ingredients: Cube the **tofu**, finely dice the **shallot**, mince the **garlic**, cube the **sweet potato**, and shred the **kale**.



Cook the **rice**: Combine the rice with 2 cups of **water** (4 cups for 4 servings) in a small pot. Bring to a boil then cover and lower heat to a simmer for 35-40 minutes. Let sit for 5 minutes before fluffing with a fork.



Toss the **sweet potato** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread out on a baking sheet lined with a silicone baking mat or lightly greased and bake for 30-35 minutes, tossing halfway through.



Meanwhile, mix together the **marinade** with 1/4 cup **oil** (1/2 cup for 4 servings), **diced shallot**, **minced garlic**, **herb blend**, and 1/4 tsp each of **salt** and **pepper** (1/2 tsp for 4 servings). Pour over the **tofu** and set aside.



When there are 5 minutes left on the potatoes, heat a large pan over medium heat. Add the **tofu**, (reserve the **marinade**) and fry until crispy on all sides.



Mix in the **cooked rice**, **roasted sweet potatoes**, **kale**, and **reserved marinade**. Sauté for a few minutes until everything is heated through and coated in the marinade. Divide between plates to serve.