



BLACK PEPPER TOFU

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 840/SERVING



Crispy tofu gets coated in a sweet, spicy, sticky sauce for our Vegan Black Pepper Tofu. We serve it with fluffy basmati rice and quick sautéed vegetables for a fresh, nourishing dinner that will be on the table in 30 minutes.

WHAT YOU'LL NEED

- Small pot
- Large pan
- Medium pan
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings 4 servings

Tofu	200 g	400 g
Sauce	1/2 cup	1 cup
Black pepper dredge	1 tbsp	2 tbsp
Garlic	2 cloves	4 cloves
Ginger	1/2 inch	1 inch
Green onions	2	4
Chili flakes	1/4 tsp	1/2 tsp
Basmati rice	1 cup	2 cups
Broccolini	1 bunch	2 bunches
Mushrooms	5 oz	10 oz



Prep your ingredients: cube the **tofu**, mince the **garlic**, grate the **ginger**, thinly slice the **green onions** and **mushrooms**, rinse the **rice**, and trim the **broccolini**.



In a small pot, bring the **rice** and 1.5 cups of water to a boil, then reduce heat to low, cover, and simmer for 15 minutes or until all the water is absorbed. Remove from heat and set aside covered for an additional 5 minutes.



Meanwhile, heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium heat. Once hot, add the **mushrooms** and sauté until caramelized. Remove from pan then add the **broccolini** to the pan and sauté until tender. Transfer **mushrooms** back to the pan and season with **salt** and **pepper**.



Heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a separate pan over medium heat. Toss the **tofu** in the **dredge mix** and shake off any excess. Once the pan is hot, carefully add the **dredged tofu** and cook until browned and crispy on all sides.



Add the **garlic** and **ginger** and sauté until fragrant, then add the **sauce** and fry for another 3 minutes until everything is well coated. Mix in the **green onions** and **chili flakes** (optional) and cook for another few minutes until the sauce becomes thick and sticky.



Divide the **rice** between bowls and top with the **mushrooms**, **broccolini**, and **tofu**.

Nutrition Facts	
Valeur nutritive	
Per (620 g)	
Pour 1 (620 g)	
Calories 840	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 29 g	39 %
Saturated / saturés 4.0 g	20 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 120 g	
Fibre / Fibres 15 g	54 %
Sugars / Sucres 17 g	17 %
Protein / Protéines 35 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 1000 mg	43 %
Potassium 1650 mg	35 %
Calcium 900 mg	69 %
Iron / Fer 10 mg	56 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	