



Chili Garlic Tofu with Broccolini

Prep Time: 10 min
Cook Time: 15 min
Serves: 4

NUTRITION FACTS, PER SERVING:

358 Calories
3.6 g fat
1,020 mg sodium



INGREDIENTS: **** Items not included in kit**

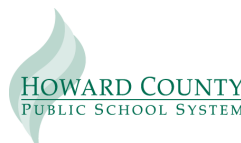
- 14 oz. extra firm tofu
- 2 TB olive oil**
- Salt & pepper, to taste**
- 4 garlic cloves, smashed
- 1 lb. broccolini or broccoli florets
- 2 TB Sambal Olek
- 4 TB honey
- 1 TB low sodium soy sauce
- 4 sheets roasted seaweed
- 1 TB sesame seeds
- 1.5 cups basmati rice

DIRECTIONS:

1. Blot **tofu** with paper towels while pressing down slightly to release water. Slice into 1/2 inch thick pieces and blot again with paper towels.
2. Sauce: In a small bowl whisk together **2 TB Sambal Olek**, **4 TB honey**, and **1 TB soy sauce**, set aside. Cut **seaweed sheets** into thin strips to use as a garnish, set aside.
3. **Basmati Rice**: Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water**, **1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
4. Place **broccolini** or broccoli florets in a microwavable bowl with 1/4 cup water. Cover and microwave 4 minutes.
5. Heat **2 TB olive oil** in a large non-stick skillet over medium heat. Add the **4 cloves smashed garlic** and sauté for 1-2 minutes. Place slices of **tofu** in pan and sear over medium heat, about 5 minutes per side. Do not fiddle with tofu, let it develop a crust so it does not stick to pan.
6. Remove tofu from pan to a serving plate. Transfer **steamed broccoli/broccolini** to the skillet and toss to coat in the garlic infused oil. Sprinkle with the **sesame seeds**, toss to combine and cook for 1 minute. Transfer to serving plates.
7. Drizzle tofu with the **chili sauce from Step 2** and garnish with **seaweed stands**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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BBQ Cauliflower & Chickpea Tacos

Prep Time: 15 min

Cook Time: 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

195 Calories

10 g fat

400 mg sodium



INGREDIENTS: **** Items not included in kit**

- 14 oz. shredded cabbage
- 1.5 lbs. cauliflower florets, 1 head
- 1 (15 oz.) can chickpeas
- 1 TB olive oil**
- 12 corn tortillas
- 1 jalapeno, seeded and diced

CREAMY LIME DRESSING:

- 1/2 cup mayonnaise
- 1/2 tsp mustard
- 1/2 tsp maple syrup
- 1 1/2 tsp apple cider vinegar
- 1/4 tsp salt & 1/4 tsp black pepper**
- 1 tsp water**
- 1 lime, juiced

BBQ RUB:

- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp kosher salt
- 1 tsp chili powder
- 1 tsp brown sugar
- 1.5 tsp paprika
- 1/4 tsp black pepper**

DIRECTIONS:

1. Pre-heat oven to 375 degrees F. Cut **cauliflower** into small 1 inch florets and remove any stems and set aside.
2. In a large bowl add all of the **Creamy Lime Dressing ingredients**. Mix together until a creamy sauce has formed. Add the **shredded cabbage** and pour **dressing** over. Mix until everything is well combined. Place in the refrigerator until ready to use.
3. Place **cauliflower florets** and rinsed & drained can of **chickpeas** onto a large sheet pan and drizzle with **1 TB olive oil** and sprinkle with **BBQ Rub**. Toss everything together with your hands so that the cauliflower and chickpeas are coated evenly. Place the sheet pan in the oven and bake for about 25 minutes, tossing once.
4. Halve the **jalapeno** and remove the seeds with the tip of the knife. Slice into thin strips, then finely dice, set aside. ****Wash your hands immediately after touching the jalapeno and do not touch your eyes.****
5. Warm up **corn tortillas** in a large skillet over medium heat in batches flipping to warm each side, about 2 minutes per side. Stack warmed tortillas on a plate and cover with a towel to keep warm.
6. To serve: Add about 1/4 cup the **cauliflower/chickpea mixture** to each **corn taco**, top with a some of the **slaw mixture** and with **diced jalapenos** if desired.

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