



FAST. EASY. FRESH.

EASY PONZU PASTA WITH BROCCOLI, GREEN BEANS, AND TOFU

1. Start by bringing a large pot of salted water to a boil. Next, add your **shell pasta** and cook for 7 minutes, or until al dente. Remove the pasta with a slotted spoon to a colander, and then return the pot with the water to high heat.

2. Meanwhile, prepare your ingredients. Peel and finely mince the **garlic**, trim the ends off the **green beans**, and chop your **broccoli** into bite-sized florets. Chop your **tofu** into ¼-inch cubes (you can use ¾ of the tofu or up to all of it depending on preference).

3. Make your sauce. In a small bowl, whisk together the **ponzu sauce**, minced **garlic**, **red pepper flakes**, and **sesame oil**.

4. Next, once you've removed your pasta from the water and returned the pot to the heat, add the **green beans** and blanch for 1 minute, then add your **broccoli** to the water and cook for 1 minute longer. Then, drain the broccoli and green beans (you can use the same colander your pasta is in!).

5. Return your pot to the stove top off the heat, and transfer your **pasta** and **veggies** back in. Add the **tofu** and your prepared **sauce** and give everything a good stir to combine. Season with **salt** to taste.

6. To serve, spoon the pasta into dishes and garnish with roughly torn **cilantro**. Enjoy!



Ingredients (4 Person Serving – 714 Calories Per Serving)

Extra-Firm Tofu	700 g	Sesame Oil	1 tsp.
Shell Pasta	450 g	Green Beans	450 g
Ponzu Sauce	12 Tbsp.	Broccoli	Large Head
Garlic	6 Cloves	Cilantro	Small Bunch
Red Chili Flakes	1 tsp.	Salt	To Taste

30 Minute Cook Time!