



HONEY GARLIC SAMBAL OELEK TOFU PITAS WITH CUCUMBER SALAD AND YOGURT DRIZZLE

FAST. EASY. FRESH.

1. Start by prepping your ingredients. Pat your **tofu** dry and then cut into 1-inch cubes. Peel and mince the **garlic**, roughly chop the **cilantro**, and thinly slice the **cucumbers**. De-seed the **bell pepper** and cut into 1-inch pieces.

2. Next, in a large bowl, whisk together the **garlic**, **honey**, and **sambal oelek** (to taste, spicy!) and 1 Tbsp. **olive oil**. Add the **tofu cubes** and **bell pepper** and mix well. Season with **salt** and **pepper** to taste.

3. Heat a large pan over medium-high heat. Add the **tofu** and **peppers** to the pan in a single layer, leaving the remaining sauce in the bowl. Cook for 2-3 minutes per side until everything is evenly browned. In the last minute of cooking, add the **remaining sauce** and stir gently to coat.

4. Meanwhile, in a bowl mix together the **cucumber**, **cilantro**, 2 tsp. **olive oil**, **apple cider vinegar**, and **sugar**. Stir to combine and then season with **salt** and **pepper** to taste.

5. In another bowl, mix the **yogurt** with 1-2 Tbsp. water, and season with **salt** and **pepper** to taste.

6. To serve, spoon the tofu and peppers onto **pitas** and top with the cucumber salad and a drizzle of yogurt. Enjoy!



Ingredients (2 Person Serving – 604 Calories Per Serving)

Extra-Firm Tofu	350 g	Apple Cider Vinegar	1 tsp.
Honey	40 g	Sugar	¼ tsp.
Garlic	2 Cloves	Plain Yogurt	100 g
Sambal Oelek	1 Tbsp.	Cilantro	Small Bunch
Pitas	4	Sweet Bell Pepper	1
Mini Cucumbers	2	Olive Oil	1 Tbsp. + 2 tsp.
		Salt and Pepper	To Taste

25 Minute
Cook
Time!