



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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