



Sesame Glazed Crispy Tofu and Brussels Sprouts

Prep Time: 20 min

Cook Time : 40 min

Serves: 4

NUTRITION FACTS, PER SERVING:

557 calories

20.8 total grams of fat

1020 mg sodium



INGREDIENTS: ** Items not included in kit

- Parchment paper/aluminum foil**
- Non-stick cooking spray**
- 1 block firm tofu
- 1 1/2 pounds Brussels sprouts
- 1 TB olive oil**
- Salt & Pepper, to taste**
- 1 TB olive oil**
- 1 TB soy sauce
- 1 TB cornstarch
- 1.5 cups Jasmine rice
- 1 TB olive oil**
- Pinch of salt**

Glaze Ingredients

- 1/4 cup low-sodium soy sauce
- 3 TB maple syrup
- 2 TB rice vinegar
- 2 tsp sesame oil
- 1 to 3 teaspoons sriracha
(depending on how spicy you like your food)

Toppings

- 1 TB sesame seeds
- Fresh cilantro leaves, chopped

DIRECTIONS:

1. Position oven racks in the lower third and upper third of the oven. Preheat oven to 400. Line two large, rimmed baking sheets with **parchment paper or aluminum foil** and spray with **non-stick cooking spray** to prevent the tofu from sticking.
2. Slice the **tofu** into thirds lengthwise so you have 3 even slabs. Stack the slabs on top of each other and slice through them lengthwise to make 3 even columns, then slice across to make 5 even rows. Line a cutting board with an absorbent lint-free tea towel or paper towels, then arrange the tofu in an even layer on the towel and top with another towel/paper towels. Place something heavy on top to help the tofu drain for at least 10 minutes.
3. Trim the ends of the **Brussels sprouts** and then cut in half, discarding any outer leaves if needed. On one of the prepared baking sheets, toss the trimmed **Brussels sprouts** with **1 TB olive oil** and **salt & pepper to taste**. Arrange in an even layer, flat sides down.
4. Transfer the pressed **tofu** to the other prepared baking sheet. In a small bowl, whisk **1 TB olive oil** and **1 TB soy sauce** and drizzle evenly over tofu, toss to combine. Sprinkle the **cornstarch** over the tofu, and toss the tofu until evenly coated, so there are no powdery spots remaining. Arrange the tofu in an even layer across the pan.
5. Transfer the pan of Brussels sprouts to the lower oven rack, and the pan of tofu to the top rack. Bake for 25 to 30 minutes, tossing the contents of each pan halfway through cooking, until the sprouts and tofu are deeply golden on the edges.
6. **Jasmine Rice:** Rinse 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 12-15 minutes or until water is absorbed. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
7. In a small saucepan, whisk the **glaze ingredients** together. Bring to a gentle boil over medium heat, stirring often and reducing heat as necessary. Simmer until the glaze is reduced, about 5-10 minutes. Remove from heat and set aside.
8. To serve: Divide the **rice** onto plates. Top each plate with **sprouts** and **tofu** and drizzle with **glaze**. Finish each plate with a sprinkle of **sesame seeds** and **chopped cilantro**.

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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