



Thai Peanut Butter Tofu Noodle Bowls

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

622 calories

34 total grams fat

838 mg sodium



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

TOFU and TOFU SAUCE

- 1 package firm tofu
- 6 TB cornstarch
- 4 TB vegetable oil **
- 4 TB creamy peanut butter
- 2 TB low sodium soy sauce (**measure out**)
- 2 TB lime juice, from 1 lime
- 4 TB maple syrup (**measure out**)
- 1/2 tsp red pepper flakes
- 2 TB sesame oil (**measure out**)

DRESSING

- 1 garlic clove, minced
- 1/2 tsp red pepper flakes
- 2 TB maple syrup (**measure out**)
- 4 tsp soy sauce (**measure out**)
- 2 TB lime juice, from 1 lime
- 4 TB rice vinegar
- 2 TB sesame oil (**measure out**)

NOODLES AND VEGETABLES

- Rice noodles
- 2 cups shredded carrots
- 1 cucumber sliced on a bias, halved and seeds removed
- 1/2 bunch thinly sliced green onions
- 1/4 cup Thai basil torn

DIRECTIONS:

1. Wrap **tofu** in a clean towel and set something heavy on top to press out excess moisture for 10 minutes. Set aside.
2. Prepare and cook the **rice noodles** according to package directions. Drain and rinse noodles with cold water, drain thoroughly, and set aside.
3. Prepare the **Tofu Sauce**: in a medium bowl whisk together **4 TB peanut butter, 2 TB soy sauce, 2 TB lime juice, 4 TB maple syrup, 1/2 tsp red pepper flakes** and **2 TB sesame oil**. Set aside.
4. Wash and prep **cucumber** (slice in half, remove seeds, slice on bias) and **green onions** (thinly slice).
5. Prepare **Dressing**: Mince **1 garlic clove** and **add all remaining dressing ingredients listed** to a small mixing bowl. Whisk to combine.
6. Cut **pressed tofu** into small rectangles and coat in the **cornstarch** (they should be well coated). Heat a large non stick skillet over medium heat and add **4 TB vegetable oil**. Sauté coated tofu, flipping once browned to ensure even browning, about 5 minutes total.
7. Add the **Tofu Sauce** to the pan and stir gently to combine. Cook for another 3-4 minutes, stirring gently to ensure even cooking on all sides. Remove from heat and set aside.
8. To serve: divide **cooked noodles, shredded carrots, sliced cucumber, sliced green onions** and **tofu** among serving bowls. Drizzle desired amount of **dressing** over noodle bowls. Garnish with torn **Thai basil**.

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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