



In your box

- 1 oz. Shredded Cheddar-Jack Cheese
- 6 Small Flour Tortillas
- 2 Green Onions
- 🔪 2 tsp. BBQ Spice Rub
- 4 oz. Slaw Mix
- 3 Tbsp. Cornstarch
- 2 fl. oz. Golden BBQ Sauce
- 🔪 ½ fl. oz. Green Chili Aioli
- 🔪 ½ oz. Crispy Jalapeños

Customize It Options

- 12 oz. Extra Firm Tofu
- 12 oz. Mahi-Mahi Fillets
- 10 oz. USDA Choice Sliced Flank Steak
- 12 oz. Diced Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat, soy

You will need

- Olive Oil, Salt, Pepper
- Medium Non-Stick Pan,
- 2 Mixing Bowls

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Crispy Carolina BBQ Tofu Tacos

with green chili slaw

NUTRITION per serving—Calories: 862, Carbohydrates: 80g, Sugar: 19g, Fiber: 8g, Protein: 26g, Sodium: 1390mg, Fat: 50g, Saturated Fat: 11g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

30-40 min.

Cook Within

7 days

Difficulty Level

Intermediate

Spice Level

Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- Meatlovers! If using **mahi-mahi**, pat dry and cut into 1" slices. Follow same instructions as tofu in Step 3, stirring occasionally until fish reaches minimum internal temperature, 5-7 minutes. If using **diced chicken**, pat dry and season all over with a pinch of salt and pepper. Follow same instructions as tofu in Step 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **flank steak**, separate into a single layer and pat dry. Follow same instructions as tofu in Step 3, stirring occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes.



1. Prepare the Ingredients

- Line a plate with a paper towel.
- Cut **tofu** into 1" dice and place on towel-lined plate. Top with paper towels, then press gently but firmly to remove excess moisture. Set aside, 5 minutes.
- While tofu sits, trim and thinly slice white portions of **green onions**. Slice remaining green onions on an angle. Keep white and green portions separate.



2. Make the Green Chili Slaw

- In a mixing bowl, combine **slaw mix**, **green chili aioli**, **white portions of green onions**, 1 tsp. **olive oil**, and a pinch of **salt and pepper**. Set aside.



3. Cook the Tofu

- In another mixing bowl, toss tofu with **cornstarch** and a pinch of **salt and pepper**.
- Line another plate with a paper towel.
- Place a medium non-stick pan over medium-high heat and add 3 Tbsp. **olive oil**. Add **tofu** to hot pan and stir occasionally until golden brown, 8-10 minutes.
- *Don't rush cooking the tofu; it will need the complete cooking time for the correct crispness.*
- Remove tofu to towel-lined plate and season with **seasoning rub**.



4. Warm the Tortillas

- Wrap **tortillas** in a damp paper towel and microwave until warm, 30-60 seconds.
- *Alternatively, place a medium non-stick pan over medium-high heat. Add tortillas, one at a time, to hot, dry pan. Heat undisturbed, 30-45 seconds per side. Remove from pan.*



5. Finish the Dish

- Plate dish as pictured on front of card, filling **tortillas** with **tofu**, **green chili slaw** (to taste—slaw will be spicy!), **BBQ sauce**, **green portions of green onions**, **crispy jalapeños** (to taste), and **cheese**. Bon appétit!