



### In your box

- 🌶️ ¼ tsp. Red Pepper Flakes
- 2 Green Onions
- 1.26 oz. Mayonnaise
- 3 Pineapple Rings
- 4 oz. Teriyaki Glaze
- 3 Tbsp. Cornstarch
- 4 oz. Slaw Mix
- ¾ cup Jasmine Rice
- 1 Lime

### Customize It Options

- 12 oz. Extra Firm Tofu
- 8 oz. Shrimp
- 16 oz. Double Portion-Shrimp
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 10 oz. Sliced Pork

\*Contains: eggs, wheat, soy

### You will need

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

### Minimum Internal Protein Temperature

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

Classic Meal Kit



## Huli Huli Tofu Rice Bowl

with charred pineapple and teriyaki glaze

NUTRITION per serving—Calories: 975, Carbohydrates: 111g, Sugar: 24g, Fiber: 10g, Protein: 25g, Sodium: 1607mg, Fat: 48g, Saturated Fat: 7g  
 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

**25-35 min.**

Cook Within

**7 days**

Difficulty Level

**Intermediate**

Spice Level

**Mild**

## 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 **8 oz. or 16 oz. shrimp**, pat dry and season with a pinch of **salt** and **pepper**. Skip coating in cornstarch, then follow same instructions as tofu in Step 4, cooking with 2 tsp. **olive oil** and in batches if necessary, until shrimp reaches minimum internal temperature, 2-3 minutes. If using **pork**, separate into a single layer, pat dry, and season with a pinch of salt and pepper. Skip coating in cornstarch, then follow same instructions as tofu in Step 4, stirring occasionally with 2 tsp. olive oil until pork reaches minimum internal temperature, 5-7 minutes. Rest, 3 minutes. If using **diced chicken breast**, pat dry and season all over with a pinch of salt and pepper. Skip coating in cornstarch and follow same instructions as tofu in Step 4, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.



### 1. Cook the Rice

- Bring a small pot with **rice** and 1½ cups **water** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and fluff rice. Set aside.
- While rice cooks, prepare ingredients.



### 2. Prepare Ingredients and Make Slaw

- 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**. Thinly slice remaining green onions on an angle. Keep white and green portions separate.
- Halve **lime**. Quarter one half and juice other half.
- Combine **slaw mix**, white portions of green onions, **mayonnaise**, 1 tsp. lime juice, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper** in a mixing bowl. Set aside.



### 3. Sear the Pineapple

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Pat **pineapple rings** dry, and add to hot pan. Cook undisturbed until charred, 2-4 minutes per side.
- Transfer pineapple rings to a plate. Reserve pan; no need to wipe clean.



### 4. Cook the Tofu

- Line another plate with a paper towel.
- In another mixing bowl, toss or gently combine **tofu**, **cornstarch**, and a pinch of **pepper** until tofu is coated.
- Return pan used to cook pineapple to medium-high heat and add 3 Tbsp. **olive oil**. Add tofu to hot pan and stir occasionally until golden brown, 6-8 minutes.
- *Don't rush cooking the tofu; it will need the complete cooking time for the correct crispness.*
- Remove from burner. Transfer tofu to towel-lined plate.



### 5. Finish the Dish

- Coarsely chop **pineapple**.
- Plate dish as pictured on front of card, topping **rice** with **slaw**, **tofu**, and pineapple. Garnish with **teriyaki glaze**, **red pepper flakes** (to taste), and **green portions of green onions**. Squeeze **lime wedges** over bowl to taste. Bon appétit!