



In your box

- 3 oz. Pineapple Chunks
- 3 Tbsp. Cornstarch
- 1 tsp. Asian Garlic, Ginger & Chile Seasoning
- 2 Green Onions
- 6 Small Flour Tortillas
- 2 oz. Teriyaki Glaze
- ¼ oz. Cilantro
- 1 Jalapeño Pepper
- 12 oz. Extra Firm Tofu

*Contains: wheat, soy

You will need

Olive Oil, Salt, Pepper

Large Non-Stick Pan, 3 Mixing Bowls

Minimum Internal Protein Temperature

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

Classic Meal Kit



Crispy Teriyaki Tofu Tacos

with pineapple salsa

NUTRITION per serving—Calories: 721, Carbohydrates: 73g, Sugar: 16g, Fiber: 7g, Protein: 24g, Sodium: 1504mg, Fat: 38g, Saturated Fat: 8g
 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
Medium

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**



1. Prepare the Tofu

- Line a plate with a paper towel.
- Cut **tofu** into 1" dice. Place on towel-lined plate, and top with more paper towels and a second plate. Set aside to press, at least 10 minutes.
- While tofu presses, prepare ingredients.



2. Prepare the Ingredients

- Mince **cilantro** (no need to stem).
- Coarsely chop **pineapple**.
- Trim and thinly slice white portions of **green onions**. Thinly slice remaining green onions on an angle. Keep white and green portions separate.
- Stem **jalapeño**, halve, seed, remove ribs, and mince. Wash hands and cutting board after working with jalapeño.



3. Make the Pineapple Salsa

- Combine **pineapple**, **jalapeño** (to taste), **white portions of green onions**, **cilantro**, 1 tsp. **olive oil**, and a pinch of **pepper** in a mixing bowl. Set aside to allow flavors to marry.



4. Cook the Tofu

- In another mixing bowl, toss or gently combine **tofu**, **cornstarch**, and a pinch of **salt** until tofu is completely coated.
- Place a large non-stick pan over 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 another mixing bowl and toss or gently combine with half the **seasoning blend**. Taste, and add remaining seasoning blend if desired.



5. Warm Tortillas and Finish Dish

- 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.*
- Plate dish as pictured on front of card, filling tortillas with **tofu** and drizzling with **teriyaki glaze**. Top with **pineapple salsa** and garnish with **green portions of green onions**. Bon appétit!