



### In your box

- 2 Green Onions
- ¾ cup Jasmine Rice
- 3 Tbsp. Cornstarch
- 1 Red Bell Pepper
- 8 oz. Green Beans
- 2 Garlic Cloves
- .406 fl. oz. Tamari Soy Sauce
- 🍴 4 oz. Sweet Chili Sauce
- 🍴 ¼ tsp. Red Pepper Flakes

### Customize It Options

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

\*Contains: soy

### You will need

- Olive Oil, Salt, Pepper
- Small Pot, Mixing Bowl, Large Non-Stick Pan

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Classic Meal Kit



## Sweet Chili Tofu Rice Bowl

with red bell pepper and green beans

NUTRITION per serving—Calories: 830, Carbohydrates: 107g, Sugar: 22g, Fiber: 11g, Protein: 25g, Sodium: 1714mg, Fat: 37g, Saturated Fat: 5g  
 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. Cook the Rice

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



### 2. Prepare the Ingredients

- Line a plate with a paper towel. Cut **tofu** into ½" dice. Place tofu on towel-lined plate and cover with more paper towels. Press firmly, then set aside, 5 minutes.
- While tofu presses, stem, seed, remove ribs, and cut **red bell pepper** into ½" dice.
- Trim ends off **green beans**. Halve on an angle.
- Trim and cut white portions of **green onions** into 1" lengths. Thinly slice green portions of green onions. Keep green and white portions separate.
- Mince **garlic**.
- After 5 minutes, transfer tofu to a mixing bowl and toss with **cornstarch** and a pinch of **salt**.

### Customize It Instructions

- Meatlovers! If using **8 oz. or 16 oz. shrimp**, pat dry. Follow same instructions as tofu in Steps 2 (skip pressing), 3, and 5, coating in **cornstarch** and cooking until shrimp reaches minimum internal temperature, 2-3 minutes per side. Work in batches if necessary. If using **diced chicken**, pat dry. Follow same instructions as tofu in Steps 2 (skip pressing), 3, and 5, coating in cornstarch and stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.



### 3. Crisp the Tofu

- Line another plate with a paper towel.
- 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.*
- Transfer tofu to towel-lined plate. Season with a pinch of **salt** and **pepper**. Keep pan over medium-high heat.



### 4. Cook the Vegetables

- Add 1 Tbsp. **olive oil**, **red bell pepper**, **green beans**, and **white portions of green onions** to hot pan. Stir occasionally until lightly charred and tender, 5-6 minutes.
- Add **garlic** and stir constantly until aromatic, 30-60 seconds.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*



### 5. Finish the Dish

- Add **tofu**, **soy sauce**, **sweet chili sauce** (to taste), **red pepper flakes** (to taste), and a pinch of **salt** to hot pan. Stir to combine.
- Remove from burner.
- Plate dish as pictured on front of card, garnishing with **green portions of green onions**. Bon appétit!