



In your box

- 2 Garlic Cloves
- ½ fl. oz. Garlic Oil
- 1 Lime
- 1 Granny Smith Apple
- ½ oz. Cilantro
- ¼ oz. White Balsamic Vinegar
- 1 oz. Roasted Peanuts
- 8 oz. Broccoli Florets
- 8 ½ oz. Cooked Brown Rice, Farro, Rye, & Barley Blend
- 12 oz. Extra Firm Tofu

You will need

- Olive Oil
- Large Non-Stick Pan, Mixing Bowl

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.



Tofu and Broccoli Stir-Fry

with peanut cilantro salsa and apples

Dietitian's Favorite | Low Sodium

Taste true, authentic, and lively flavors with the perfect amount of seasoning. No need to go heavy handed on salt when the flavor pairs are truly a match made in heaven! This line is full of colorful fruits, vegetables, lean proteins, and crunchy garnishes. These meals were curated by health minded chefs and expert registered dietitians to support your wellness to the absolute fullest, while helping you discover new meal ideas you'll use again and again.

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	Cook Within	Servings	Spice Level
25-35 min	7 days	2	Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry



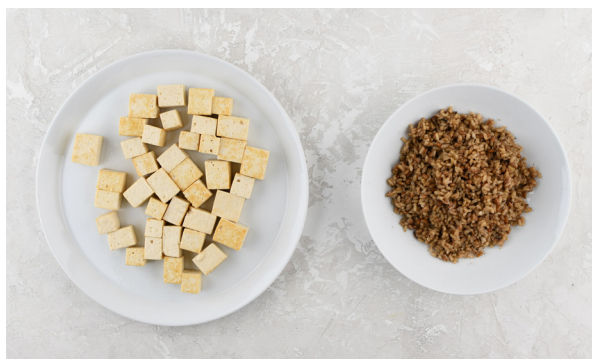
1. Prepare the Ingredients

- 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.
- Cut **broccoli** into bite-sized pieces.
- Coarsely chop **cilantro** (no need to stem).
- Coarsely chop **peanuts**.
- Halve **lime**. Cut one half into wedges and juice the other half.
- Quarter **apple** and remove core. Cut into 1/4" slices.
- Mince **garlic**.



3. Make the Stir-Fry

- Return pan used to cook tofu to medium heat. Add **broccoli** and 2 Tbsp. **water** to hot pan. Cover and cook until water is almost completely evaporated, 5-7 minutes.
- Uncover and stir occasionally until tender, 2-3 minutes.
- Add **grain blend**, **tofu**, and 1/4 cup water. Stir occasionally until heated through, 5-7 minutes.
- Remove from burner.



2. Cook Tofu and Prepare Grain Blend

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **tofu** to hot pan and stir occasionally until golden brown, 6-8 minutes.
- Transfer tofu to a plate. Reserve pan; no need to wipe clean.
- Carefully massage **grain blend** in bag to break up any clumps. Tear a small slit in an upper corner of bag to vent. Place upright in microwave and heat, 45 seconds. Remove grain blend from packaging.



4. Make Salsa and Finish Dish

- In a mixing bowl, combine **garlic**, 2 tsp. **lime juice**, **vinegar**, **peanuts**, **cilantro**, and **garlic oil**.
- Plate dish as pictured on front of card, topping **stir-fry** with salsa (to taste). Squeeze **lime wedges** over to taste. Serve **apple slices** on the side. Bon appétit!

Did You Know

- Our Low Sodium meals comply with The American Heart Association's recommendation of no more than 1500mg of sodium per day.
- Each meal contains nourishing produce, making up a significant portion of each meal all while offering vitamins, minerals, and key nutrients with every bite.

Nutrition Facts

2 servings per container

Serving Size 1/2 meal kit prepared (595g)

Amount Per Serving	As Packaged**		As Prepared	
Calories	620		630	
	% DV*		% DV*	
Total Fat	27g	35%	32g	41%
Saturated Fat	3g	15%	4g	20%
<i>Trans Fat</i>	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	340mg	15%	340mg	15%
Total Carb.	71g	26%	64g	23%
Dietary Fiber	14g	50%	13g	46%
Total Sugars	13g		11g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	28g		28g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	480mg	35%	480mg	35%
Iron	6.3mg	35%	6.2mg	35%
Potassium	1080mg	25%	1020mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Raw ingredients without salt & olive oil

INGREDIENT LIST

EXTRA FIRM TOFU (WATER, SOYBEANS, CALCIUM SULFATE, CALCIUM CHLORIDE), COOKED BROWN RICE, FARRO, RYE, & BARLEY BLEND (WATER, BROWN RICE, FARRO WHEAT BERRIES, RYE BERRIES, BARLEY, CANOLA OIL, SEA SALT, ONION POWDER, GARLIC POWDER, SPICES, SUNFLOWER LECITHIN), BROCCOLI FLORETS, GRANNY SMITH APPLE, LIME, ROASTED PEANUTS (PEANUTS ROASTED IN PEANUT AND/OR COTTONSEED AND/OR SUNFLOWER SEED AND/OR CANOLA OIL, SALT), CILANTRO, GARLIC OIL (HIGH-OLEIC SUNFLOWER OIL, SUNFLOWER OIL, GARLIC), WHITE BALSAMIC VINEGAR (WINE VINEGAR, CONCENTRATED GRAPE MUST, AGED BALSAMIC VINEGAR [WINE VINEGAR, CONCENTRATED GRAPE MUST]), SULFUR DIOXIDE [PRESERVATIVE], (CONTAINS SULFITES), GARLIC CLOVES.



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