



In your box

- ½ oz. Feta Cheese Crumbles
- 4 Mini Naan Flatbreads
- 2 Tbsp. Panko Breadcrumbs
- ½ oz. Baby Arugula
- 2 Tbsp. Cornstarch
- 2 oz. Tzatziki Dip
- 1 Roma Tomato
- 1 oz. Sour Cream
- 2 tsp. Chimichurri Seasoning
- 12 oz. Extra Firm Tofu

*Contains: milk, eggs, wheat, soy

You will need

- Olive Oil, Salt
- Medium Non-Stick Pan, Baking Sheet, 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 Tofu and Tzatziki Gyros

with feta and tomatoes

NUTRITION per serving—Calories: 769, Carbohydrates: 67g, Sugar: 7g, Fiber: 7g, Protein: 28g, Sodium: 1740mg, Fat: 42g, Saturated Fat: 10g
 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

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil



1. Prepare Ingredients and Make Tzatziki

- 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, core **tomato** and cut into ¼" rounds.
- In a mixing bowl, mix **cornstarch** and ¼ cup **water** until completely combined. Set aside.
- In another mixing bowl, combine **tzatziki**, **sour cream**, and ¼ tsp. **salt**. Set aside.



2. Prepare the Tofu

- Place a medium non-stick pan over medium heat and add 3 Tbsp. **olive oil**. Let oil heat, 5 minutes.
- While oil heats, line another plate with a paper towel.
- Place **panko** on another plate.
- Working in batches, dip **tofu** in **cornstarch-water** mixture, coating completely. Then transfer to plate with panko, coating completely. To get the best coat in panko, press down lightly on tofu, or gently flip. You may also sprinkle with panko on top, or use a bowl.



3. Fry the Tofu

- Test **olive oil** temperature by adding a pinch of **panko** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Carefully, add **tofu** to hot oil. Fry until golden brown, 5-7 minutes, flipping once halfway through.
- Transfer fried tofu to towel-lined plate. Season with ¼ tsp. **salt** and **seasoning blend**.
- While tofu cooks, toast flatbreads.



4. Toast the Flatbreads

- Place **flatbreads** on prepared baking sheet.
- Bake in hot oven until toasted, 4-6 minutes.



5. Finish the Dish

- Plate dish as pictured on front of card, filling **flatbreads** with **tofu**, **tzatziki**, **cheese**, **tomato**, and **arugula**. Bon appétit!