



In your box

- 2 fl. oz. Creamy Roasted Sesame Dressing
- ½ oz. Seasoned Rice Vinegar
- ½ tsp. Multicolor Sesame Seeds
- 1 tsp. Mushroom Seasoning
- ¼ oz. Pickled Ginger
- 3 oz. Matchstick Carrots
- 1 Persian Cucumber
- ¾ cup Quinoa
- 12 oz. Extra Firm Tofu

*Contains: eggs, wheat, soy

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Sesame Tofu Poke Quinoa Bowl

with pickled cucumbers and carrots

NUTRITION per serving—Calories: 701, Carbohydrates: 60g, Sugar: 7g, Fiber: 11g, Protein: 28g, Sodium: 1457mg, Fat: 40g, Saturated Fat: 4g
 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

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



1. Cook the Quinoa

- Bring a small pot with **quinoa** and 1½ cups **water** to a boil.
- Reduce to a simmer, cover, and cook until quinoa is tender, 18-20 minutes.
- Remove from burner. Add ¼ tsp. **salt** and fluff quinoa with a fork. Cover again and set aside.
- While quinoa cooks, prepare ingredients.



2. Prepare the Ingredients

- Trim **cucumber**, halve lengthwise, then cut into ½" half-moons.
- Mince **pickled ginger**.
- 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.



3. Pickle the Vegetables

- In a mixing bowl, combine **seasoned rice vinegar**, **cucumber half-moons**, **carrots**, and ¼ tsp. **salt**. Set aside to pickle, at least 10 minutes.
- While vegetables pickle, cook tofu.



4. Cook the Tofu

- Place a medium non-stick pan over medium-high heat and add 2 Tbsp. **olive oil**.
- Add **tofu**, **seasoning blend**, ¼ tsp. **salt**, and pinch of **pepper** to hot pan. Stir occasionally until lightly browned, 6-8 minutes.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **quinoa** with **tofu** and **pickled vegetables**. Drizzle **dressing** on tofu and garnish with **sesame seeds**. Add **pickled ginger** to taste. Bon appétit!