



#### 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  $1\frac{1}{2}$  cups **water** to a boil.
- Reduce to a simmer, cover, and cook until quinoa is tender, 18-20 minutes.
- Remove from burner. Add  $\frac{1}{4}$  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  $\frac{1}{2}$ " 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  $\frac{1}{4}$  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**,  $\frac{1}{4}$  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!