



In your box

- 🔪 2 fl. oz. Korean BBQ Sauce
- 2 Green Onions
- 1 Persian Cucumber
- 6 Small Flour Tortillas
- 3 Tbsp. Cornstarch
- 3 oz. Matchstick Carrots
- 🔪 1 tsp. Sambal
- 1 fl. oz. Seasoned Rice Vinegar
- ½ oz. Honey Roasted Peanuts

Customize It Options

- 12 oz. Extra Firm Tofu
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: wheat, peanuts, soy

You will need

- Olive Oil, Salt, Pepper
- 3 Mixing Bowls, Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Classic Meal Kit



Crispy Korean BBQ Tofu Tacos

with peanuts and pickled vegetables

NUTRITION per serving—Calories: 775, Carbohydrates: 86g, Sugar: 26g, Fiber: 8g, Protein: 25g, Sodium: 1721mg, Fat: 39g, Saturated Fat: 7g
 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

Intermediate

Spice Level

Spicy

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. 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. Set aside, 5 minutes.
- While tofu presses, trim **cucumber**, halve lengthwise, and thinly slice into half-moons.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Coarsely chop **peanuts**.



2. Pickle Vegetables and Make BBQ Sauce

- In a mixing bowl, combine **white portions of green onions**, **rice vinegar**, **matchstick carrots**, **cucumber**, and a pinch of **pepper**. Set aside to pickle, at least 10 minutes.
- In another mixing bowl, combine **Korean BBQ sauce** and half the **sambal**. Taste, and add more sambal, if desired. Set aside.

Customize It Instructions

- Meatlovers! If using **whole chicken breasts**, pat dry and cut into 1" dice and season both sides with a pinch of salt and pepper. Follow same instructions as tofu in Step 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.



3. Cook the Tofu

- Line another plate with a paper towel.
- In another mixing bowl, toss or gently combine **tofu**, **cornstarch**, and a pinch of **salt** and **pepper** until well-coated.
- 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 to towel-lined plate and season with a pinch of salt.



4. Warm the Tortillas

- Wrap **tortillas** in a damp paper towel and microwave until warm, 30-60 seconds.
- *Alternatively, place a medium non-stick pan over medium-high heat. Add tortillas, one at a time, to hot, dry pan. Heat undisturbed, 30-45 seconds per side. Remove from pan.*



5. Finish the Dish

- Plate dish as pictured on front of card, filling **tortillas** with **tofu** and drizzling with **BBQ sauce** (to taste). Top with **pickled vegetables** and garnish with **peanuts** and **green portions of green onions**. Bon appétit!