



In your box

- 1 Lime
- 3 Pineapple Rings
- 2 Green Onions
- 🔪 ¼ tsp. Red Pepper Flakes
- ¾ cup Jasmine Rice
- 4 oz. Slaw Mix
- 4 oz. Teriyaki Glaze
- 3 Tbsp. Cornstarch
- .84 oz. Mayonnaise
- 12 oz. Extra Firm Tofu

*Contains: eggs, wheat, soy

You will need

Olive Oil, Salt, Pepper

Medium Non-Stick Pan, Small Pot,
2 Mixing Bowls

Minimum Internal Protein Temperature

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

Classic Meal Kit



Huli Huli Tofu Rice Bowl

with charred pineapple and teriyaki glaze

NUTRITION per serving—Calories: 938, Carbohydrates: 111g, Sugar: 24g, Fiber: 10g, Protein: 25g, Sodium: 1564mg, Fat: 44g, Saturated Fat: 6g
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

Mild

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. Cook the Rice

- Bring a small pot with **rice** and 1½ cups **water** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and fluff rice. Set aside.
- While rice cooks, prepare ingredients.



2. Prepare Ingredients and Make Slaw

- 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, trim and thinly slice white portions of **green onions**. Thinly slice remaining green onions on an angle. Keep white and green portions separate.
- Halve **lime**. Quarter one half and juice other half.
- Combine **slaw mix**, white portions of green onions, **mayonnaise**, 1 tsp. lime juice, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper** in a mixing bowl. Set aside.



3. Sear the Pineapple

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Pat **pineapple rings** dry, and add to hot pan. Cook undisturbed until charred, 2-4 minutes per side.
- Transfer pineapple rings to a clean cutting board. Reserve pan; no need to wipe clean.



4. Cook the Tofu

- Line another plate with a paper towel.
- In another mixing bowl, toss or gently combine **tofu**, **cornstarch**, and a pinch of **pepper** until tofu is coated.
- Return pan used to cook pineapple to 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.*
- Remove from burner. Transfer tofu to towel-lined plate.



5. Finish the Dish

- Coarsely chop **pineapple**.
- Plate dish as pictured on front of card, topping **rice** with **slaw**, **tofu**, and pineapple. Garnish with **teriyaki glaze**, **red pepper flakes** (to taste), and **green portions of green onions**. Squeeze **lime wedges** over bowl to taste. Bon appétit!