



In your box

- ¾ cup Jasmine Rice
- 2 Persian Cucumbers
- 12 oz. Extra Firm Tofu
- .84 oz. Mayonnaise
- 2 tsp. Sriracha
- 3 oz. Matchstick Carrots
- 1 oz. Seasoned Rice Vinegar
- 1 Avocado
- 1 oz. Teriyaki Glaze
- 1 tsp. Multicolor Sesame Seeds

You will need

- Olive Oil, Salt, Pepper
- Small Pot, 2 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



Umami Avocado and Tofu Sushi Bowl

with carrots, cucumber, and spicy mayo

NUTRITION per serving—Calories: 809, Carbohydrates: 91g, Sugar: 11g, Fiber: 15g, Protein: 25g, Sodium: 1594mg, Fat: 40g, 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

30-40 min.

Cook Within

4 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
- Check **avocado** for ripeness upon delivery. If unripe, close in a paper bag, either alone or with a banana, apple, or tomato. Let sit on a counter for a couple days.



1. Cook the Rice

- Bring a small pot with 1½ cups **water** and **rice** to a boil. Once boiling, reduce to a simmer. Cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and set aside covered.
- While rice cooks, prepare ingredients.



2. Prepare Ingredients and Make Spicy Mayonnaise

- Line a plate with paper towels. Drain and cut **tofu** into ½" dice. Place on towel-lined plate, and top with more paper towels and another plate. Set aside to press, 5 minutes.
- While tofu presses, trim **cucumbers** and cut into ¼" rounds on an angle.
- Combine **mayonnaise** and **Sriracha** (to taste) in a mixing bowl. Refrigerate until plating.
- After 5 minutes, remove towels and plate. Season tofu all over with ¼ tsp. **salt** and ¼ tsp. **pepper**.



3. Prepare the Salad

- In another mixing bowl, combine **cucumbers**, **carrots**, **vinegar**, 1 tsp. **olive oil**, and ¼ tsp. **salt**. Set aside.



4. Prepare the Avocado

- Halve **avocado** around the pit. Remove pit by *carefully* tapping pit with the blade of a sharp knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon. Cut into ¼" slices.



5. Cook Tofu and Finish Dish

- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**. Add **tofu** to very hot pan and stir occasionally until tofu is browned all over, 6-9 minutes.
- Add **teriyaki glaze** and stir until tofu is fully coated. Remove from burner and season with ¼ tsp. **salt**.
- Plate dish as pictured on front of card, topping **rice** with **salad**, tofu, and **avocado**. Garnish with **sesame seeds**. Serve **spicy mayonnaise** on the side for dipping. Bon appétit!