



Classic Meal Kit

### In your box

- 2 fl. oz. Teriyaki Glaze
- 3 Tbsp. Cornstarch
- 6 Small Flour Tortillas
- 12 oz. Extra Firm Tofu
- 🌶️ 1 Jalapeño Pepper
- ¼ oz. Cilantro
- 2 Green Onions
- 🌶️ 1 tsp. Asian Garlic, Ginger & Chile Seasoning
- 3 oz. Pineapple Chunks

*If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.*

### You will need

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

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.



# Crispy Teriyaki Tofu Tacos

with pineapple salsa

NUTRITION per serving—Calories: 700, Carbohydrates: 69g, Sugar: 18g, Fiber: 7g, Protein: 23g, Sodium: 1730mg, Fat: 37g, Saturated Fat: 8g  
 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  
**7 days**

Difficulty Level  
**Intermediate**

Spice Level  
**Medium**

## 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 Tofu

- Line a plate with a paper towel.
- Cut **tofu** into 1" dice. Place on towel-lined plate, and top with more paper towels and a second plate. Set aside to press, at least 10 minutes.
- While tofu presses, prepare ingredients.



### 2. Prepare the Ingredients

- Mince **cilantro** (no need to stem).
- Coarsely chop **pineapple**.
- Trim and thinly slice white portions of **green onions**. Thinly slice remaining green onions on an angle. Keep white and green portions separate.
- Stem **jalapeño**, halve, seed, remove ribs, and mince. *Wash hands and cutting board after working with jalapeño.*



### 3. Make the Pineapple Salsa

- Combine **pineapple**, **jalapeño** (to taste), **white portions of green onions**, **cilantro**, 1 tsp. **olive oil**, and a pinch of **pepper** in a mixing bowl. Set aside to allow flavors to marry.



### 4. Cook the Tofu

- In another mixing bowl, toss or gently combine **tofu**, **cornstarch**, and a pinch of **salt** until tofu is completely 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.*
- Remove from burner. Transfer tofu to another mixing bowl and toss or gently combine with half the **seasoning blend**. Taste, and add remaining seasoning blend, if desired.



### 5. Warm Tortillas and Finish Dish

- 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.*
- Plate dish as pictured on front of card, filling tortillas with **tofu** and drizzling with **teriyaki glaze**. Top with **pineapple salsa** and garnish with **green portions of green onions**. Bon appétit!