



Huli Huli Tofu Rice Bowl

WITH CHARRED PINEAPPLE AND TERIYAKI GLAZE

Culinary Collection



Prep & Cook Time

25-35 MIN

Cook Within

7 DAYS

Difficulty Level

INTERMEDIATE

Spice Level

MILD

You Will Need

Olive Oil, Pepper
Medium Non-Stick Pan, Small Pot, 2 Mixing Bowls

Ingredients

- 3 Tbsp. Cornstarch
- 1 Lime
- 5 oz. Pineapple Chunks
- 🌶️ ¼ tsp. Red Pepper Flakes
- .84 oz. Mayonnaise
- 12 oz. Extra Firm Tofu
- 4 oz. Slaw Mix
- 2 Green Onions
- 5.47 oz. Long Grain White Rice
- 4 fl. oz. Teriyaki Glaze

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/18788

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

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

Before You Cook

All cook times are approximate based on testing.

- If using any 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 1¼ cups **water** to a boil.
- Once boiling, reduce to a simmer, cover, and cook until rice is tender, 15-18 minutes.
- Remove from burner and fluff rice. Set aside.
- While rice cooks, continue recipe.



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



3. Sear the Pineapple

- Drain **pineapple** and pat dry.
- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add pineapple to hot pan. Cook undisturbed until charred, 4-6 minutes.
- Remove from burner. Transfer pineapple to a plate. 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 sear 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.
- Remove from burner. Transfer tofu to towel-lined plate.



5. Finish the Dish

- 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 dish to taste. Bon appétit!