



**NUTRITION** per serving 57g carbohydrates 18g fat 31g protein 1305mg sodium | low-calorie, vegetarian, dairy-free, shellfish-free, nut-free



Calories  
493



Prep & Cook Time  
25-35 min.



Cook Within  
7 days



Difficulty  
Easy



Spice Level  
Medium

#### IN YOUR BOX

12 oz. Extra Firm Tofu  
¾ cup Jasmine Rice  
3 oz. Edamame  
6 oz. Cremini Mushrooms  
2 Green Onions  
3 oz. Matchstick Carrots  
5 fl. oz. Teriyaki Glaze  
2 tsp. Sriracha  
2 tsp. White Sesame Seeds

#### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Small Pot  
Large Non-Stick Pan

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HOME CHEF

## Crispy Teriyaki Tofu

with edamame, cremini mushrooms, and jasmine rice

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

## WHILE YOU COOK

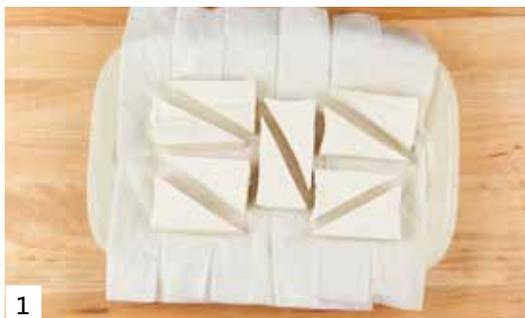
- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Green onions are used twice. **White portions** are stir-fried with **vegetables** and **green portions** garnish dish.
- **Spice Alert!** Sriracha is today's hot sauce du jour. Its garlicky-chile flavor complements just about everything. Use to taste or omit for less spice.

## FROM THE CHEF

After pressing, tofu should be mostly dry and slightly tacky. If still moist, refresh paper towels and press 5 more minutes.

### Did you know...

Celebrate soy's versatility with this meal. Tofu is made from soy milk. Fermented soy sauce forms the base of teriyaki. Finally, edamame are soy beans straight from the pod.



### Press the Tofu

Line a plate with two paper towels. Cut **tofu** into ½” thick slices across width, and cut pieces diagonally to form triangles. Arrange tofu in a single layer on plate, top with another paper towel, then another plate. Add some weight to plate (such as a canned good or two more plates) to gently press tofu. Make sure weight is evenly distributed. *Removing moisture allows tofu to get crispy and better absorb flavors.* Set aside 15 minutes. While tofu presses, cook rice.



### Cook the Rice

Bring a small pot with **rice**, a pinch of **salt**, and 1 ½ cups **water** to a boil. Reduce to a simmer, cover, and cook until tender, 17-20 minutes. Remove from burner and fluff grains with a fork. Cover and set aside. While rice cooks, prepare ingredients.



### Prepare the Ingredients

Rinse **edamame** under warm water if still frozen. Quarter **mushrooms**. Trim and thinly slice **green onion** on an angle, keeping white and green portions separate.



### Cook the Tofu

Place 2 Tbsp. **olive oil** in a large non-stick pan over medium-high heat. Test oil temperature by adding a **green onion portion** to oil. It should sizzle gently on contact. If it browns immediately, reduce heat. If it doesn't sizzle, increase heat. Line a plate with a paper towel. Carefully lay **tofu** in hot oil away from you. Cook until tofu is golden brown, 5-6 minutes per side. Transfer to towel-lined plate and let cool 5 minutes. Discard all but 2 tsp. oil and reserve pan.



### Cook the Vegetables

Return pan used to cook tofu to medium heat and add **mushrooms**, **edamame**, **white portions of green onion**, and **matchstick carrots**. Cook, stirring often, until vegetables are tender and slightly charred, 5-7 minutes. Season with ¼ tsp. **salt** and a pinch of **pepper**.



### Plate the Dish

Add a serving of **rice** to a bowl or a plate. Top with **vegetables** and **tofu**. Garnish with **green portions of green onion**, **teriyaki glaze**, **Sriracha** (to taste), and **sesame seeds**.