



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 Wine Vinegar
1 Avocado
1 oz. Teriyaki Glaze
3 tsp. Nori Komi Furikake



Avocado and Tofu Sushi Bowl

with carrots, cucumber, and spicy mayo

NUTRITION per serving—Calories: 820, Carbohydrates: 90g, Fat: 40g, Protein: 25g, Sodium: 1523mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time
30-40 min.

Cook Within
5 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

① You will need

Olive Oil, Salt, Pepper

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

👑 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
- 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. 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 the Ingredients

- 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. Season pressed tofu with ¼ tsp. **salt** and ¼ tsp. **pepper**.
- While tofu presses, trim **cucumbers** and cut into ¼" rounds on an angle.
- Combine **mayonnaise** and **Sriracha** (to taste) in a mixing bowl and refrigerate until plating.



3

Prepare the Salad

- In another mixing bowl, combine **cucumbers**, **matchstick carrots**, **seasoned rice 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 high heat. Add 1 Tbsp. **olive oil** and **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 a pinch of **salt**.
- Plate dish as pictured on front of card, topping **rice** with **salad**, **tofu**, and **avocado**, and garnishing with **furikake seasoning** (to taste). Serve **spicy mayo** on the side. Bon appétit!