



**NUTRITION** *per serving* 54g carbohydrates 29g fat 28g protein 1061mg sodium | calorie-conscious, vegetarian



Calories  
**559**



Prep & Cook Time  
**30-40 min.**



Cook Within  
**7 days**



Difficulty  
**Easy**



Spice Level  
**Mild**

#### IN YOUR BOX

½ cup Seasoned Wild Rice Blend  
6 oz. Broccolini  
3 oz. Grape Tomatoes  
1 Shallot  
½ oz. Parsley  
2 Garlic Cloves  
12 oz. Extra Firm Tofu  
1 ½ oz. Mayonnaise  
1 tsp. Dried Oregano  
¼ tsp. Red Pepper Flakes

CONTAINS: eggs, soy, wheat

#### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Cooking Spray  
Baking Sheet  
Medium Pot  
Mixing Bowl  
Medium Non-Stick Pan



## Crispy Tofu with Chimichurri Aioli and wild rice and broccolini

[www.homechef.com/3980](http://www.homechef.com/3980)

## BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Preheat oven to **450 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- ☐ **Heads Up! Parsley** is used twice. Most is added to **aioli**, and a pinch garnishes **tofu**.
- ☐ **Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired.

## FROM THE CHEF

For a thinner consistency to the aioli, add water 1 tsp. at a time until desired thinness is reached.

### Did you know...

*Wild rice, or manoomin, is considered sacred in several Native American cultures, including the Ojibwe and the Anishinaabeg. Traditionally, two people in a canoe harvest the rice; one person paddles, and the other person “knocks” the rice with two poles. The wild rice would be prepared in a multitude of ways, including as a stuffing for birds, stewed with deer broth, or in a sweet rice pudding.*



## Cook the Wild Rice

Bring a medium pot with **wild rice** and 1½ cup **water** to a boil over high heat. Lower to a simmer, cover, and cook until water is absorbed, 17-20 minutes. While rice cooks, prepare ingredients.



## Prepare the Ingredients

Trim bottom end from **broccolini** and cut into 1” lengths. Halve **grape tomatoes**. Peel and halve **shallot**. Slice halves into thin strips. Stem and mince **parsley**. Mince **garlic**.



## Roast the Vegetables

Toss **broccolini, grape tomatoes, shallot, 2 tsp. olive oil, ¼ tsp. salt, and a pinch of pepper** on prepared baking sheet. Spread into a single layer and roast until tender and charred, 10-12 minutes. While vegetables roast, cook tofu.



## Prepare the Tofu and Aioli

Cut **tofu** in 1” dice. In a small mixing bowl, combine **mayonnaise, parsley** (reserve a pinch for garnishing tofu), 1 Tbsp. **water, oregano, red pepper flakes** (to taste), and a pinch of **salt and pepper**. Refrigerate until plating.



## Cook the Tofu

Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **tofu** to hot pan and cook undisturbed until lightly browned, 3-4 minutes. Add **garlic** and stir occasionally until tofu is completely browned, 3-4 minutes. Season with ¼ tsp. **salt** and a pinch of **pepper**. Remove from burner and garnish with remaining **parsley**.



## Plate the Dish

Place **wild rice** on a plate or a shallow bowl. Add **roasted vegetables** and **tofu**. Drizzle plate with **aioli**.