



NUTRITION *per serving* 63g carbohydrates 35g fat 34g protein 1135mg sodium | vegetarian



Calories
694



Prep & Cook Time
35-45 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Mild



Broccoli Tofu Farro Bowl

with red pepper garlic aioli

IN YOUR BOX

¾ cup Semi-Pearled Farro
1 Tbsp. Smoky Chile and Cumin Rub
1 Broccoli Crown
1 Shallot
2 oz. Roasted Red Peppers
¼ oz. Cilantro
1 Garlic Clove
1 ½ oz. Mayonnaise
12 oz. Extra Firm Tofu

CONTAINS: eggs, wheat, soy
*Processed in a facility that also processes
peanut, tree nut, wheat, egg, soy, milk,
fish, and shellfish ingredients*

IN YOUR KITCHEN

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

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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 **425 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ❑ **Spice Alert!** The **seasoning rub** has a bit of a kick. Use to taste if sensitive to heat.
- ❑ **Heads Up!** **Cilantro** is used twice. Half is added to **aioli** and remaining garnishes dish.
- ❑ Some can't get enough **garlic**, and others prefer a lighter touch. Feel free to use less when making **aioli** if preferred.

FROM THE CHEF

If farro cools, reheat over medium heat, adding 1 Tbsp. water to loosen.

Did you know...

Tofu comes in four types of firmness: silken, soft, firm, and extra firm. We like to cook with extra firm because it's easy to prep and maintains a good consistency even after simmering.



Cook the Farro

Bring a medium pot with **farro** and 2 cups **water** to a boil over high heat. Reduce heat to medium-low, cover, and simmer until farro is tender, 25-30 minutes. Drain well in a wire-mesh strainer and set aside to cool. Season with **seasoning rub** and a pinch of **salt** and **pepper**. While farro cooks, prepare ingredients.



Prepare the Ingredients

Cut **broccoli** into bite-size florets. Peel and halve **shallot**. Slice halves into thin strips. Coarsely chop **roasted red pepper**. Stem and mince **cilantro**. Mince **garlic**.



Roast the Vegetables

Toss **broccoli** and **shallot** on prepared baking sheet with 2 tsp. **olive oil** and a pinch of **salt** and **pepper**. Spread into a single layer and roast until lightly charred and tender, 10-12 minutes. While vegetables roast, prepare aioli and tofu.



Prepare the Aioli and Tofu

In a mixing bowl, combine **mayonnaise**, **roasted red peppers**, half the **cilantro** (reserve remaining for garnish), and **garlic**. Cut **tofu** into ½" dice and pat dry.



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, 4-6 minutes. Flip and stir occasionally until browned all over, 4-6 minutes. Remove from burner and season with a pinch of **salt** and **pepper**.



Finish the Dish

Place **farro** in a bowl. Top with **roasted vegetables** and **tofu**. Drizzle **aioli** over dish. Garnish with remaining **cilantro**.