



NUTRITION per serving 91g carbohydrates 24g fat 34g protein 1346mg sodium | vegetarian

 Calories
714

 Prep & Cook Time
35-45 min.

 Cook Within
7 days

 Difficulty
Easy

 Spice Level
Mild


HOME CHEF

Chipotle Tofu Burrito Bowl

with roasted corn and black beans

IN YOUR BOX

¾ cup Jasmine Rice
1 Ear of Corn
12 oz. Extra Firm Tofu
1 Red Bell Pepper
¼ oz. Cilantro
1 Shallot
15 ½ oz. Black Beans
1 Roma Tomato
1 tsp. Chipotle Powder
1 oz. Mayonnaise

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

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Large Non-Stick Pan
3 Mixing Bowls
Small Pot

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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!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Spice Alert!** Made from dried jalapeños, **chipotle powder** is an increasingly popular way to add smoky heat to dishes. Use measured amount at first, then use to taste. Speaking of chipotle powder, it is used twice. ¼ tsp. seasons **tofu**, and ¼ tsp. is added to **chipotle aioli**.
- **Head Up!** **Cilantro** is used twice. **Cilantro stems** are added to **rice**, and **cilantro leaves** garnish dish.

FROM THE CHEF

Cooking corn in the husk helps steam kernels and releases sugars in corn silk, making for a sweet roasted corn in this dish.

Did you know...

Tofu is naturally low in calories, contains no cholesterol, and is gluten free. It's also an excellent source of protein, iron, and calcium.



1

Cook the Rice

Bring a small pot with 1½ cups **water** and **rice** to a boil. Reduce to simmer, cover, and cook until tender and water has been absorbed, 18-20 minutes. Stir in **cilantro stems** and set aside. While rice simmers, cook corn.



2

Start Corn and Crumble Tofu

Heat a large non-stick pan over medium heat. Add **corn** in husk to hot, dry pan. Turn often until lightly charred, 8-10 minutes. Remove from burner. Reserve pan; no need to wipe clean. While corn cooks, line a mixing bowl with a paper towel. Break up **tofu** into pea-sized crumbles in bowl. Season with ¼ tsp. **salt**. Cover with additional paper towels and set aside.



3

Prepare the Ingredients

Stem, seed, remove ribs, and cut **red bell pepper** into three pieces. Place in another mixing bowl, drizzle with 1 tsp. **olive oil**, and season with a pinch of **salt** and **pepper**. Stem **cilantro**. Coarsely chop leaves and mince stems, keeping them separate. Peel and slice **shallot** into very thin rounds. Drain **black beans**. Cut **tomato** into ¼" dice.



4

Cook Tofu and Make Chipotle Aioli

Return pan used to char corn to medium-high heat. Add 1 tsp. **olive oil** and **tofu** to hot pan. Season with ¼ tsp. **chipotle powder** and ¼ tsp. **salt**. Stir once and cook undisturbed until crispy, 3-4 minutes. Then stir occasionally until dark brown and crispy, 7-9 minutes. Remove from pan. Wipe pan clean and reserve. While tofu cooks, combine **mayonnaise**, 1 tsp. **water**, and ¼ tsp. remaining chipotle powder in another mixing bowl. Taste, and add additional chipotle powder to aioli and tofu if desired.



5

Cook the Vegetables

Return pan used to cook tofu to medium-high heat. Add **red bell pepper pieces** to hot pan, skin side down. Cook undisturbed until charred, 3-4 minutes. Flip and add **shallot**. Cook until aromatic, 30-60 seconds. Remove pan from burner. Transfer vegetables to a plate and carefully cut red bell pepper into ½" dice. Add **black beans** and allow to warm from residual heat in pan. Shuck **corn** and carefully remove kernels from cob.



6

Finish the Dish

Place **rice** in a bowl. Top with **tofu**, **black beans**, **corn**, **red bell pepper**, and **shallot**. Garnish with **cilantro leaves**, **tomato**, and a drizzle of **chipotle aioli**. Serve remaining chipotle aioli on side.