



#### In your box

- ½ cup Jasmine Rice
- 1 Shallot
- 1 Lime
- 4 oz. Kale
- 12 oz. Extra Firm Tofu
- 3 oz. Pineapple Rings
- 2 Tbsp. Cornstarch
- 1 Tbsp. Chipotle Cinnamon Seasoning
- ¾ oz. Queso Fresco
- 2 oz. Sour Cream

CONTAINS milk, soy



## Al Pastor Crispy Tofu Bowl

with charred pineapple and kale

NUTRITION per serving—Calories: 678, Carbohydrates: 69g, Fat: 33g, Protein: 25g, Sodium: 1258mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**35-45 min.**

Cook Within  
**7 days**

Difficulty Level ● ● ○  
**Intermediate**

Spice Level ● ○ ○  
**Mild**

## 🕒 You will need

Olive Oil, Salt, Pepper

Small Pot, 2 Mixing Bowls, Medium 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



1

### Cook the Rice

- Bring a small pot with **jasmine rice**, 1 cup **water**, and a pinch of **salt** to a boil. Reduce to a simmer, cover, and cook until rice is tender, 18–20 minutes.
- Remove from burner, cover, and set aside.
- While rice cooks, prepare ingredients.



2

### Prepare Ingredients and Pickle Shallot

- Peel and slice **shallot** into very thin rounds.
- Halve and juice **lime**.
- Stem **kale** and coarsely chop.
- Combine shallot, lime juice, 1 Tbsp. **water**, and a pinch of **salt** in a mixing bowl. Refrigerate until serving.



3

### Press Tofu and Char Pineapple

- Line a plate with paper towels.
- Cut **tofu** into ½” dice and place on towel-lined plate. Cover with a paper towel, place a plate on top of towel, and place a heavy object on plate to press down on tofu.
- Place a medium non-stick pan over medium-high heat. Add ½ tsp. **olive oil** and **pineapple** to hot pan. Sear undisturbed until charred, 2–3 minutes per side.
- Transfer to a cutting board, let cool, then slice each ring into eight pieces.
- Wipe pan clean and reserve.



4

### Cook the Kale

- Return pan used to char pineapple to medium heat. Add 1 tsp. **olive oil** and **kale** to hot pan. Stir occasionally until wilted, 2–3 minutes.
- Season with ¼ tsp. **salt** and a pinch of **pepper**. Remove from burner and stir kale into cooked **rice**.
- Wipe pan clean and reserve.



5

### Cook the Tofu

- Toss **tofu** and **cornstarch** together in another mixing bowl.
- Return pan used to cook kale to medium-high heat and 2 Tbsp. **olive oil**. Add **tofu** to hot pan. Stir occasionally until crispy and golden brown, 5–7 minutes.
- Remove from burner and combine with half the **seasoning blend**. Taste tofu, and add remaining seasoning blend to taste.
- Plate dish as pictured on front of card, garnishing with **pineapple**, **queso fresco** (crumbling with your hands if needed), and **sour cream**. Bon appétit!