



In your box

- ¾ cup Jasmine Rice
- 12 oz. Extra Firm Tofu
- 1 Lime
- 8 oz. Broccoli Florets
- 2 Garlic Cloves
- 2 tsp. Chopped Ginger
- ¼ fl. oz. Tamari Soy Sauce
- 1 tsp. Sugar
- ½ tsp. Turmeric
- 2 fl. oz. Peanut Sauce

CONTAINS wheat, peanuts, soy



Tofu Satay with Peanut Sauce and broccoli

NUTRITION per serving—Calories: 643, Carbohydrates: 78g, Fat: 24, Protein: 29g, Sodium: 1569mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
7 days

Difficulty Level ● ○ ○ ○
Easy

Spice Level ○ ○ ○ ○ ○
Not Spicy

🕒 You will need

Olive Oil, Salt

Small Pot, Mixing Bowl, 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



1

Cook the Rice

- Bring a small pot with **rice** and 1½ cups **water** to a boil. Reduce to a simmer, cover, and cook until tender, 18-20 minutes.
- Remove from burner and fluff rice. Cover again and set aside.
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Line a plate with a paper towel. Cut **tofu** into six pieces across width. Place on towel-lined plate, cover with paper towel, and press to remove excess moisture. Set aside to allow as much moisture as possible to be removed.
- Zest and halve **lime**. Quarter one half and juice remaining half.
- Cut **broccoli** into large bite-sized pieces.
- Mince **garlic**.



3

Marinate the Tofu

- In a large mixing bowl combine 1½ Tbsp. **lime juice**, **ginger**, **soy sauce**, **sugar**, **turmeric**, and ¼ tsp. **salt**. Stir until sugar is dissolved.
- Add **tofu** to bowl and toss to coat evenly. Marinate at least 5 minutes.
- While tofu marinates, cook broccoli.



4

Cook the Broccoli

- Place a large non-stick pan over medium-high heat.
- Add 1 Tbsp. **olive oil** and **broccoli** to hot pan. Stir occasionally until lightly charred, 3-4 minutes.
- Add **garlic** and ⅓ cup **water**. Cook until water evaporates and broccoli is tender, 3-4 minutes. *If broccoli needs more time, add an additional ¼ cup water as needed.*
- Remove from burner and season with ¼ tsp. **salt**. Remove broccoli to a plate.
- Wipe pan clean and reserve.



5

Cook the Tofu

- Return pan used to cook broccoli to medium heat.
- Add 1 Tbsp. **olive oil** and **tofu** to hot pan. Discard excess marinade. Cook undisturbed until lightly browned and warmed through, 2-3 minutes per side.
- Plate dish as pictured on front of card, garnishing with **peanut sauce**, ½ tsp. **lime zest**, and **lime wedges**. Bon appétit!