Tofu Satay with Peanut Sauce
and broccoli

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

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

Prep & Cook Time
30–40 min.

Cook Within
7 days

Difficulty Level
Easy

Spice Level
Not Spicy
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.

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.

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 ½ 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.

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.

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!