



In your box

2 Green Onions
¾ cup Jasmine Rice
12 oz. Extra Firm Tofu
6 oz. Broccoli Florets
2 Garlic Cloves
3 Tbsp. Cornstarch
1 Tbsp. Chopped Ginger
2 oz. Sweet Chili Sauce
2 oz. Teriyaki Glaze
1 oz. Roasted Salted Cashews

Customize It Options

12 oz. Diced Boneless Skinless
Chicken Breasts
10 oz. Antibiotic-Free Ground Beef
8 oz. Shrimp

You will need

Olive Oil, Salt
Small Pot, Mixing Bowl, Medium
Non-Stick Pan



Cashew Tofu

with broccoli and sweet chili-teriyaki sauce

NUTRITION per serving—Calories: 783, Carbohydrates: 104g, Fat: 30g, Protein: 28g, Sodium: 1271mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time
35-45 min.

Cook Within
7 days

Difficulty Level
Intermediate

Spice Level
Mild

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: green onions

Customize It Instructions

- Meat lovers! If using **chicken**, pat dry. Season all over with ¼ tsp. salt and a pinch of pepper. Stir occasionally with 2 tsp. olive oil in a large non-stick pan over medium-high heat until chicken reaches minimum internal temperature, 5-7 minutes. If using **shrimp**, pat dry and season with a pinch of salt and pepper. Cook with 2 tsp. olive oil in a large non-stick pan over medium-high heat until shrimp reach a minimum internal temperature of 145 degrees, 2-3 minutes per side. If using **ground beef**, combine with ¼ tsp. salt and a pinch of pepper. Stir occasionally in a large non-stick pan over medium-high heat until no pink remains, 4-6 minutes. Add proteins to pan with tofu in Step 4.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Make the Rice

- Bring a small pot with **rice**, 1½ cups **water**, and a pinch of **salt** to a boil.
- Cover, reduce heat to low, and cook until rice is tender, 18-20 minutes.
- Remove from burner. Set aside covered.
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Line a plate with a paper towel. Cut **tofu** into 1" dice and place on towel-lined plate. Top with paper towels, then press gently but firmly to remove excess moisture. Set aside to press, 5 minutes.
- While tofu presses, cut **broccoli florets** into bite-sized pieces.
- Mince **garlic**.
- Trim and cut white portions of **green onions** into 1" lengths. Thinly slice green portions. Keep white and green portions separate.
- Place **cornstarch** and pressed tofu in a mixing bowl and toss to coat.



3

Crisp the Tofu

- Line another plate with a paper towel.
- Place a medium non-stick pan over medium-high heat and add 4 tsp. **olive oil**. Add **tofu** to hot pan and stir occasionally until golden brown, 6-8 minutes.
- *Don't rush cooking the tofu; it will need the complete cooking time for the correct crispness.*
- Remove to towel-lined plate. Keep pan over medium-high heat.



4

Cook the Vegetables

- Add 2 tsp. **olive oil**, **broccoli florets**, and **white portions of green onions** to hot pan and stir occasionally, 2 minutes.
- Add ¼ cup **water**, **garlic**, and **ginger**. Stir occasionally until broccoli is tender and ginger is completely combined, 5-6 minutes.
- *If water evaporates before broccoli is tender, add more water 2 Tbsp. at a time as needed.*
- Stir in **sweet chili sauce**, **teriyaki glaze**, **cashews**, and **tofu**. Bring to a boil.
- Once boiling, remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing with **green portions of green onions**. Bon appétit!