



In your box

½ cup Jasmine Rice
12 oz. Extra Firm Tofu
1 Red Bell Pepper
3 oz. Broccoli Florets
3 oz. Pineapple Chunks
¼ oz. Cilantro
3 Tbsp. Cornstarch
6 fl. oz. Pineapple Juice
2 fl. oz. Teriyaki Glaze

CONTAINS wheat, soy



Hawaiian BBQ Tofu with pineapple and broccoli

NUTRITION per serving—Calories: 725, Carbohydrates: 92g, Fat: 30g, Protein: 23g, Sodium: 1435mg.
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 
Easy

Spice Level 
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, 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!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Cook Rice and Prepare Tofu

- Bring a small pot with **rice** and 1 cup 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 simmers, line a plate with a paper towel. Cut **tofu** into ½” dice.
- Place tofu on towel-lined plate. Cover with another paper towel, top with another plate, and place an heavy object on plate to press down on tofu.
- While tofu presses, prepare ingredients.



2

Prepare the Ingredients

- Stem, seed, and slice **red bell pepper** into ½” dice.
- Cut **broccoli florets** into large bite-sized pieces, if necessary.
- Halve **pineapple chunks**.
- Stem and mince **cilantro**.



3

Roast the Vegetables

- Combine **bell pepper** and **broccoli** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and roast in hot oven until fork-tender, 12-15 minutes.
- While vegetables roast, cook tofu.



4

Cook the Tofu

- Add **tofu**, **cornstarch**, and ¼ tsp. **salt** in a mixing bowl. Toss to coat thoroughly.
- Place a large non-stick pan over medium-high heat and add 2 Tbsp. **olive oil**. Place tofu in hot pan and flip occasionally until lightly browned and crispy, 5-7 minutes.
- Remove tofu to a plate.
- Reserve pan; no need to wipe clean.



5

Make the Sauce

- Return pan used to crisp tofu to medium-high heat and add 1 tsp. **olive oil**. Add **pineapple** to hot pan and stir occasionally until warmed through, 2-3 minutes
- Add **pineapple juice** and **teriyaki glaze**. Bring to simmer and cook until sauce is thickened, 3-4 minutes.
- Plate dish as pictured on front of card, tossing **tofu** in sauce and placing on a bed of **rice**. Top with **roasted vegetables** and garnish with **cilantro**. Bon appétit!