



In your box

- ½ cup Jasmine Rice
- 12 oz. Extra Firm Tofu
- 1 Jalapeño Pepper
- 1 Ear of Corn
- 1 ½ oz. Ranch Dressing
- 3 Tbsp. Cornstarch
- 2 tsp. BBQ Spice Rub
- 2 oz. Shredded Cheddar Cheese
- 1 oz. Crispy Fried Onions
- ½ oz. Baby Arugula



Crispy BBQ Tofu

with rice and jalapeño-ranch dressing

NUTRITION per serving—Calories: 832, Carbohydrates: 70g, Fat: 49g, Protein: 29g, Sodium: 1273mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
7 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

🕒 You will need

Olive Oil, Salt

Small Pot, 2 Mixing Bowls, 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**, 1 cup **water**, and ¼ tsp. **salt** to a boil. Reduce to a simmer, cover, and cook until tender, 18-20 minutes.
- Remove from burner and fluff rice. Cover and set aside.
- While rice cooks, prepare tofu.



2

Prepare the Tofu

- Line a plate with a paper towel.
- Cut **tofu** into ½” dice and place on a towel-lined plate. Cover with another paper towel, top with another plate, and place a heavy object on plate to press down on tofu.
- Let press at least 10 minutes.



3

Prepare the Ingredients

- Stem **jalapeño**, halve, seed, remove ribs, and mince. *Be sure to wash hands, utensils, and cutting board after working with jalapeño.*
- Shuck **corn**, rinse, and carefully remove kernels from cob.
- In a mixing bowl, combine **ranch dressing**, jalapeño (to taste), and a pinch of **salt**.



4

Cook the Tofu

- Add **tofu**, **cornstarch**, and ½ tsp. **salt** in another 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 stir occasionally until crispy, 5-7 minutes.
- While tofu cooks, wipe mixing bowl clean. Remove cooked tofu to clean mixing bowl and toss with **BBQ spice rub**.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **rice** with **seasoned tofu**, **corn**, **cheese**, **crispy onions**, **jalapeño ranch**, and **arugula**. Bon appétit!