



In your box

12 oz. Extra Firm Tofu
3 Tbsp. Cornstarch
6 oz. Broccoli Florets
3 oz. Snap Peas
3 oz. Matchstick Carrots
 $\frac{3}{4}$ cup Jasmine Rice
3 fl. oz. Peanut Sauce
2 Green Onions
1 oz. Honey Roasted Peanuts
1 Lime



Crispy Tofu Buddha Bowl

with peanut sauce

NUTRITION per serving—Calories: 955, Carbohydrates: 111g, Fat: 44g, Protein: 31g, Sodium: 1663mg.
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 ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper

Small Pot, Large Non-Stick Pan, 2 Mixing Bowls

👑 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
- Ingredient(s) used more than once: **green onions**



1

Prepare Tofu and Cook Rice

- Line a plate with a paper towel. Cut **tofu** into ½” dice. Place on towel-lined plate and top with more paper towels and a second plate. Press at least 10 minutes.
- While tofu presses, bring a small pot with **rice**, 1½ 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 again and set aside.
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Remove strings from **sugar snap peas**, if necessary.
- Cut **broccoli** into large bite-sized pieces, if necessary.
- Halve **lime** and juice.
- Coarsely chop **peanuts**.



3

Cook the Vegetables

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **broccoli florets**, **matchstick carrots**, **sugar snap peas**, and **white portions of green onions** to hot pan. Stir occasionally until tender, 3-5 minutes.
- Season with ¼ tsp. **salt** and a pinch of **pepper**. Transfer to a plate and cover with plastic wrap.
- Reserve pan; no need to wipe clean.



4

Cook the Tofu

- Return pan used to cook vegetables to medium-high heat and add 3 Tbsp. **olive oil**. Line a plate with a paper towel.
- In a mixing bowl, toss **tofu** with **cornstarch**. Add tofu to hot pan and stir occasionally until browned, 5-7 minutes.
- Remove from burner and place tofu on towel-lined plate. Season with a pinch of **pepper**.



5

Make Peanut Sauce and Finish Dish

- In another mixing bowl, combine 2 tsp. **lime juice** with **peanut sauce**.
- Plate dish as pictured on front of card, topping **rice** with **tofu** and **vegetables**. Drizzle **peanut sauce** over tofu. Garnish with **green portions of green onions** and **peanuts**. Bon appétit!