



In your box

12 oz. Extra Firm Tofu
5.4 fl. oz. Coconut Milk
¾ cup Jasmine Rice
3 Tbsp. Cornstarch
4 fl. oz. Jerk Sauce
4 oz. Slaw Mix
1 Red Bell Pepper
2 Green Onions
2 Garlic Cloves
¼ tsp. Red Pepper Flakes



Jerk Tofu and Coconut Rice Bowl

with red bell pepper sauté

NUTRITION per serving—Calories: 935, Carbohydrates: 97g, Fat: 50g, Protein: 25g, Sodium: 1692mg.
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 ● ● ● ● ●
Mild

🕒 You will need

Olive Oil, Salt, Pepper

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!

- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **jerk sauce, green onions**



1

Prepare Tofu and Cook Rice

- Line a plate with paper towels. Cut **tofu** into 1” dice and place on towel-lined plate. Top tofu with more paper towels and press gently but firmly to remove liquid. Leave tofu on towels at least 5 minutes.
- While tofu sits, bring a small pot with **jasmine rice, coconut**, ½ cup **water**, and ¼ tsp. **salt** to a boil. Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner 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.
- Stem, seed, remove ribs, and thinly slice **red bell pepper**.
- Mince **garlic**.
- In a mixing bowl, gently toss **tofu** with **cornstarch**. Set aside.



3

Cook the Red Bell Pepper Sauté

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **red bell pepper** to hot pan and stir often until slightly tender, 3-4 minutes.
- Add **slaw, white portions of green onions, garlic**, ¼ tsp. **salt**, and a pinch of **pepper**. Stir often, 2-3 minutes.
- Remove vegetables to a plate.
- Wipe pan clean and reserve.



4

Cook the Tofu

- Return pan used to cook vegetables to medium-high heat and add 3 Tbsp. **olive oil**. Add **tofu** to hot pan and stir occasionally until golden brown, 6-8 minutes.
- Add half the **jerk sauce** (reserve remaining for plating), **green portions of green onions, red pepper flakes** (to taste), and a pinch of **salt** and **pepper**. Stir to combine, then remove pan from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **rice** with **red bell pepper sauté** and **tofu**. Drizzle with remaining **jerk sauce**. Bon appétit!