



In your box

12 oz. Extra Firm Tofu
¾ cup Jasmine Rice
3 Tbsp. Cornstarch
2 Green Onions
3 oz. Matchstick Carrots
2 tsp. Chopped Ginger
2 fl. oz. Teriyaki Glaze
¼ fl. oz. Toasted Sesame Oil
2 tsp. Asian Garlic and Ginger Seasoning
6 oz. Snap Peas



Crispy Ginger-Scallion Tofu Rice Bowl

with matchstick carrots and snap peas

NUTRITION per serving—Calories: 835, Carbohydrates: 98g, Fat: 38g, Protein: 26g, Sodium: 1675mg.
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

① You will need

Olive Oil, Salt, Pepper

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



1

Cook the Rice

- Bring a small pot with **jasmine rice**, 1½ 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

- Line a plate with a paper towel. Drain **tofu** and cut into ½” dice. Place tofu on plate and cover with more paper towels and a heavy object. Press at least 10 minutes.
- While tofu presses, trim and mince white portions of **green onions**. Thinly slice green portions on an angle, keeping white and green portions separate.
- Pull strings from **snap peas** like a zipper.



3

Make the Sauce

- Combine **sesame oil**, **teriyaki glaze**, minced **white portions of green onions**, **ginger**, 2 Tbsp. **water**, and a pinch of **pepper** in a mixing bowl.



4

Cook the Vegetables

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **snap peas** and **matchstick carrots** to hot pan and stir occasionally until tender, 5-7 minutes.
- Remove from burner and stir in **seasoning blend**. Remove to a plate and cover with plastic wrap.
- Wipe pan clean and reserve.



5

Cook Tofu and Finish Dish

- Line another plate with a paper towel.
- In another mixing bowl, toss pressed **tofu** with **cornstarch** until coated.
- 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.
- Remove to towel-lined plate. Toss with a pinch of **pepper**.
- Plate dish as pictured on front of card, topping **rice** with **vegetables** and tofu. Spoon **sauce** over tofu and garnish with **green portions of green onions**. Bon appétit!