



In your box

- 3 Tbsp. Cornstarch
- 3 oz. Pineapple Chunks
- 12 oz. Extra Firm Tofu
- 1 Jalapeño Pepper
- 6 Small Flour Tortillas
- 2 Green Onions
- 1 tsp. Asian Garlic and Ginger Seasoning
- ¼ oz. Cilantro
- 2 oz. Teriyaki Glaze

You will need

- Olive Oil, Salt, Pepper
- 2 Mixing Bowls, Large Non-Stick Pan



Crispy Teriyaki Tofu Tacos

with jalapeño

NUTRITION per serving—Calories: 740, Carbohydrates: 74g, Fat: 38g, Protein: 24g, Sodium: 1228mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time
30-40 min.

Cook Within
7 days

Difficulty Level
Intermediate

Spice Level
Medium

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: green onions



1

Prepare the Tofu

- Line a plate with a paper towel.
- Cut **tofu** into 1" dice. Place on towel-lined plate, and top with more paper towels and a second plate. Set aside to press at least 10 minutes.
- While tofu presses, prepare ingredients.



2

Prepare the Ingredients

- Mince **cilantro** (no need to stem).
- Coarsely chop **pineapple**.
- Trim and thinly slice white portions of **green onions**. Thinly slice remaining green onions on an angle. Keep white and green portions separate.
- Stem **jalapeño**, halve, seed, remove ribs, and mince. Wash hands and cutting board after working with jalapeño.



3

Make the Pineapple Slaw

- Combine **pineapple**, **jalapeño** (to taste), **white portions of green onion**, **cilantro**, 1 tsp. **olive oil**, and a pinch of **pepper** in a mixing bowl. Set aside and allow flavors to marry.



4

Cook the Tofu

- In another mixing bowl, toss **tofu** with **cornstarch** and a pinch of **salt**, coating tofu completely.
- Place a large non-stick pan over medium-high heat and add 3 Tbsp. **olive oil**. Add tofu to hot pan and stir occasionally until golden brown, 6-8 minutes.
- Wipe mixing bowl used for tofu clean. Return cooked tofu to cleaned bowl and toss with half the **seasoning blend**. Taste, and add remaining seasoning blend if desired.



5

Warm Tortillas and Finish Dish

- Wrap **tortillas** in a damp paper towel and microwave, 30 seconds.
- Plate dish as pictured on front of card, filling tortillas with **tofu** and drizzling with **teriyaki glaze**. Top with **slaw** and garnish with **green portions of green onions**. Bon appétit!