



In your box

- 2 Green Onions
- ¾ cup Jasmine Rice
- 6 oz. Broccoli Florets
- 2 Garlic Cloves
- 3 Tbsp. Cornstarch
- 1 Tbsp. Chopped Ginger
- 2 oz. Sweet Chili Sauce
- 2 oz. Teriyaki Glaze
- 1 oz. Roasted Salted Cashews

Customize It Options

- 12 oz. Extra Firm Tofu
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Shrimp

*Contains: wheat, soy, tree nuts (cashews)

You will need

- Olive Oil, Salt, Pepper
- Medium Non-Stick Pan, Small Pot, Mixing Bowl



Cashew Tofu

with broccoli and sweet chili-teriyaki sauce

NUTRITION per serving—Calories: 783, Carbohydrates: 104g, Fat: 30g, Protein: 28g, Sodium: 1562mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

7 days

Difficulty Level

Intermediate

Spice Level

Mild

👑 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**

Customize It Instructions

- Meatlovers! If using **shrimp**, pat dry and season all over with a pinch of **salt** and **pepper**. Toss in **cornstarch** and follow same instructions as tofu in Step 3, cooking undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes. If using **diced chicken**, pat dry and season all over with a pinch of **salt** and **pepper**. Toss in **cornstarch** and follow same instructions as tofu in Step 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **whole chicken breast**, pat dry and, on a separate cutting board, cut into 1" dice. Follow same instructions as diced chicken, cooking until chicken reaches minimum internal temperature.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Make the Rice

- Bring a small pot with **rice**, 1½ cups **water**, and a pinch of **salt** to a boil.
- Cover, reduce heat to low, and cook until rice is tender, 18-20 minutes.
- Remove from burner. Set aside covered.
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Line a plate with a paper towel. Cut **tofu** into 1" dice and place on towel-lined plate. Top with paper towels, then press gently but firmly to remove excess moisture. Set aside to press, 5 minutes.
- While tofu presses, cut **broccoli florets** into bite-sized pieces.
- Mince **garlic**.
- Trim and cut white portions of **green onions** into 1" lengths. Thinly slice green portions. Keep white and green portions separate.
- Place **cornstarch**, ¼ tsp. **salt**, a pinch of **pepper**, and pressed tofu in a mixing bowl and toss or gently combine to coat.



3

Crisp the Tofu

- Line another plate with a paper towel.
- Place a medium non-stick pan over medium-high heat and add 4 tsp. **olive oil**. Add **tofu** to hot pan and stir occasionally until golden brown, 6-8 minutes.
- *Don't rush cooking the tofu; it will need the complete cooking time for the correct crispness.*
- Remove to towel-lined plate. Keep pan over medium-high heat.



4

Cook the Vegetables

- Add 2 tsp. **olive oil**, **broccoli florets**, and **white portions of green onions** to hot pan and stir occasionally, 2 minutes.
- Add ¼ cup **water**, **garlic**, and **ginger**. Stir occasionally until broccoli is tender and ginger is completely combined, 5-6 minutes.
- *If water evaporates before broccoli is tender, add more water, 2 Tbsp. at a time, as needed.*
- Stir in **sweet chili sauce**, **teriyaki glaze**, **cashews**, and **tofu**. Bring to a boil.
- Once boiling, remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, placing **tofu** and **vegetables** on **rice** and garnishing with **green portions of green onions**. Bon appétit!