



- In your box**
- ¾ cup Jasmine Rice
 - 2 Persian Cucumbers
 - .84 oz. Mayonnaise
 - 🔥 2 tsp. Sriracha
 - 3 oz. Matchstick Carrots
 - 1 oz. Seasoned Rice Vinegar
 - 1 Avocado
 - 1 oz. Teriyaki Glaze
 - 1 ½ tsp. Multicolor Sesame Seeds

- Customize It Options**
- 12 oz. Extra Firm Tofu
 - 12 oz. Diced Boneless Skinless Chicken Breasts
 - 8 oz. Shrimp
 - 10 oz. Ahi Tuna Steaks
- *Contains: eggs, wheat, soy

- You will need**
- Olive Oil, Salt, Pepper
 - Small Pot, 2 Mixing Bowls, Large Non-Stick Pan

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Umami Avocado and Tofu Sushi Bowl

with carrots, cucumber, and spicy mayo

NUTRITION per serving—Calories: 813, Carbohydrates: 91g, Sugar: 11g, Fiber: 15g, Protein: 25g, Sodium: 1594mg, Fat: 40g, Saturated Fat: 6g
 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	Cook Within	Difficulty Level	Spice Level
30-40 min.	4 days	Intermediate	Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Check **avocado** for ripeness upon delivery. If unripe, close in a paper bag, either alone or with a banana, apple, or tomato. Let sit on a counter for a couple days.

Customize It Instructions

- Meatlovers! If using **shrimp**, pat dry and season all over with ¼ tsp. salt and a pinch of pepper. Follow same instructions as tofu in Step 5, cooking until shrimp reaches minimum internal temperature, 2-3 minutes per side. If using **diced chicken**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as tofu in Step 5, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **ahi tuna**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as tofu in Step 5, cooking until tuna reaches a minimum internal temperature of 145 degrees, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*



1. Cook the Rice

- Bring a small pot with 1½ cups **water** and **rice** to a boil. Once boiling, reduce to a simmer. Cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and set aside covered.
- While rice cooks, prepare ingredients.



2. Prepare the Ingredients

- Line a plate with paper towels. Drain and cut **tofu** into ½" dice. Place on towel-lined plate, and top with more paper towels and another plate. Set aside to press, 5 minutes.
- While tofu presses, trim **cucumbers** and cut into ¼" rounds on an angle.
- Combine **mayonnaise** and **Sriracha** (to taste) in a mixing bowl and refrigerate until plating.
- After 5 minutes, season tofu all over with ¼ tsp. **salt** and ¼ tsp. **pepper**.



3. Prepare the Salad

- In another mixing bowl, combine **cucumbers**, **matchstick carrots**, **vinegar**, 1 tsp. **olive oil**, and ¼ tsp. **salt**. Set aside.



4. Prepare the Avocado

- Halve **avocado** around the pit. Remove pit by carefully tapping pit with the blade of a sharp knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon. Cut into ¼" slices.



5. Cook Tofu and Finish Dish

- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**. Add **tofu** to very hot pan and stir occasionally until tofu is browned all over, 6-9 minutes.
- Add **teriyaki glaze** and stir until tofu is fully coated. Remove from burner and season with ¼ tsp. **salt**.
- Plate dish as pictured on front of card, topping **rice** with **salad**, **tofu**, and **avocado**. Garnish with **sesame seeds**. Serve **spicy mayonnaise** on the side for dipping. Bon appétit!