

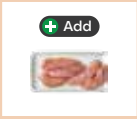


Cheesy Chipotle-BBQ Tofu Bowls

with Sweet Pepper Rice and Cucumber Salsa

Veggie

30 Minutes



Chicken Breast Tenders +
310 g | 620 g

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Tofu
1 | 2



Basmati Rice
¼ cup | 1 ½ cups



Sweet Bell Pepper
1 | 2



Mini Cucumber
1 | 2



Tomato
1 | 2



Green Onion
2 | 4



Lime
1 | 2



BBQ Sauce
2 tbsp | 4 tbsp



Chipotle Sauce
2 tbsp | 4 tbsp



Vegetable Stock Powder
1 tbsp | 2 tbsp



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Plant-Based Mozzarella Cheese, shredded
¾ cup | 1 ½ cups

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **stock powder** and **1 ¼ cups** (2 ½ cups) **water** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Roast peppers

- Core, then cut **pepper** into ½ -inch pieces.
- Add **peppers**, **1 tbsp** (2 tbsp) **BBQ sauce** and **1 tsp** (2 tsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway, until tender and lightly charred, 8-12 min.

3



Make cucumber salsa

- Meanwhile, zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Quarter **cucumber** lengthwise, then cut into ¼-inch pieces.
- Thinly slice **green onions**.
- Cut **tomato** into ¼-inch pieces.
- Add **tomatoes**, **cucumbers**, **green onions**, **1 tsp** (2 tsp) **lime juice** and ½ **tsp** (1 tsp) **oil** to a medium bowl. Season with **salt** and **pepper**. Stir to mix.

4



Start tofu

+ Add | **Chicken Breast Tenders**

- Pat **tofu** dry with paper towels, then cut into ½-inch pieces. Add **tofu** and ½ **tsp** (1 tsp) **oil** to a large bowl. Season with **salt** and **pepper**. Toss to coat. Sprinkle with **Cream Sauce Spice Blend**. Toss to coat.
- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Reduce heat to medium. Cook, stirring often, until **tofu** is lightly crisp and golden-brown all over, 4-7 min.

5



Finish tofu

- Remove the pan from heat. Stir in **1 tbsp** (2 tbsp) **BBQ sauce**.
- Sprinkle **cheese** over top. Cover with lid and let sit until **cheese** melts, 2-3 min.

6



Finish and serve

- Fluff **rice** with fork, then stir in **peppers** and **lime zest**.
- Divide **rice** between bowls.
- Top with **cheesy tofu** and **cucumber salsa**.
- Drizzle **chipotle sauce** over top.
- Drizzle **any remaining BBQ sauce** over top, if desired.
- Squeeze a **lime wedge** over top, if desired.

4 | Start tofu and chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Cut into ½-inch pieces and season and cook with the **tofu** until **chicken** is cooked through, 4-7 minutes.**

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.