

Maple-Mustard Grilled Tofu Salad

with DIY Croutons

Family Friendly

Veggie

25-35 Minutes









1 2





1 | 2

Mini Cucumber 1 | 2





Baby Spinach

113 g | 227 g





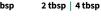




Maple Syrup

Whole Grain Mustard

2 tbsp | 4 tbsp







Blend 1 tbsp | 2 tbsp

White Wine Vinegar 1 tbsp | 2 tbsp

Allengens 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. Cooking utensils | Large bowl, measuring spoons, paper towels, shallow dish, silicone brush, whisk



Prep and make sauce

- · Before starting, wash and dry all produce.
- Lightly oil the grill. While you prep, preheat the grill to 500°F over medium-high heat.
- Thinly slice **cucumber** into rounds.
- Peel, then cut **onion** into ½-inch rounds (keeping rings together).
- Halve ciabatta.
- Transfer onions and ciabatta halves to a plate. Brush with 1 tbsp (2 tbsp) oil. Season with salt and pepper.
- Add half the maple syrup and half the mustard to a shallow dish. Stir to combine.
 (NOTE: This is your maple-mustard sauce.)



Marinate cucumbers

- Add vinegar, remaining maple syrup, remaining mustard and 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, then whisk to combine.
- Add cucumbers, then toss to coat. Set aside.



Season and grill tofu

- Pat tofu dry with paper towels. Cut tofu in half, parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.)
 Using a fork, poke tofu all over. Season with Zesty Garlic Blend, salt and pepper. Drizzle ½ tbsp (1 tbsp) oil over top.
- Add tofu to one side of the grill. Close lid and grill, flipping once, until grill-marked, 4-5 min per side.
- When tofu is done, brush one side with maple-mustard sauce, then flip. Grill for 30 sec, then repeat on the other side.
- Transfer tofu to the same dish with any remaining maple-mustard sauce, then toss to coat.



Grill onions and ciabatta

- Meanwhile, add onions to the other side of the grill. Close lid and grill, flipping once, until tender, 5-7 min per side.
- Meanwhile, add ciabatta slices to the grill.
 Close lid and grill until ciabatta is crisp and grill marks form, 2-3 min per side.
- Transfer **onions** and **grilled ciabatta** to a plate to cool.



Assemble salad

- Cut cooled ciabatta into ½-inch pieces.
- Add spinach and half the ciabatta croutons to the large bowl with cucumbers. Season with salt and pepper, then toss to combine.
- Separate **onion rings**. If desired, cut **onions** into bite-sized pieces.



Finish and serve

- Thinly slice tofu.
- Divide salad between plates.
- Top with **remaining croutons**, **onions**, **tofu** and **any remaining sauce** from the dish.
- Sprinkle with **salad topping mix**.

Measurements within steps 1 tbsp (2 tbsp) oil 2 person 4 person Ingredien