



Maple-Mustard Grilled Tofu Salad with DIY Croutons

Family Friendly

Veggie

25-35 Minutes

SEIZE THE FRESHEST OF SUMMER!



Tofu
1 | 2



Ciabatta Roll
1 | 2



Red Onion
1 | 2



Mini Cucumber
1 | 2



Baby Spinach
113 g | 227 g



Salad Topping Mix
28 g | 56 g



Maple Syrup
2 tbsp | 4 tbsp



Whole Grain Mustard
2 tbsp | 4 tbsp



Zesty Garlic Blend
1 tbsp | 2 tbsp



White Wine Vinegar
1 tbsp | 2 tbsp

You have been entered for a chance to win 1 OF 25 FREE VIDA BBQS!

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.



No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Service Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 3, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a VIDA by PADERNO Essence Series 4-Burner Propane Gas BBQ Grill (approx. retail value of \$949.99 CAD), Canadian. This is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

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.

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Ingredient quantities 56 g | 113 g
2 person 4 person

1



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.)

4



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.

2



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.

3



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.

5



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.

6



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**.