



Greek-Inspired Breaded Tofu

with Garlic-Feta Cucumber Salad

Family Friendly 25-35 Minutes



Tofu

1 | 2



Italian Breadcrumbs

8 tbsp | 16 tbsp



Yogurt Sauce

3 tbsp | 6 tbsp



Russet Potato

2 | 4



Garlic, cloves

1 | 1



Mayonnaise

2 tbsp | 4 tbsp



Lemon-Pepper Seasoning

1 tbsp | 2 tbsp



Feta Cheese, crumbled

1/4 cup | 1/4 cup



Mini Cucumber

2 | 4



White Wine Vinegar

1 tbsp | 2 tbsp

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.

Pantry items | Oil, pepper, salt

Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, medium bowl, paper towels, parchment paper, shallow dish, whisk

Measurements
within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

1



Roast wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **potatoes** into ¼-inch wedges.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway.)

2



Prep tofu

- Meanwhile, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch strips. Season with **salt** and **pepper**.
- Combine **breadcrumbs** and **half the Lemon-Pepper Seasoning** in a shallow dish.
- Coat **tofu** all over with **mayo**.
- Working with **one tofu strip** at a time, press both sides into **breadcrumb mixture** to coat completely.

3



Cook tofu

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **tofu**. (**NOTE:** For 4 ppl, cook in batches, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 3-4 min per side.
- Transfer **tofu** to another parchment-lined baking sheet.
- Bake in the **top** of the oven until golden, 8-10 min.

4



Prep remaining ingredients

- Meanwhile, cut **cucumber** into ¼-inch rounds.
- Peel, then mince or grate **garlic**.

5



Make feta-cucumber salad

- Whisk together **vinegar**, **remaining Lemon-Pepper Seasoning**, **¼ tsp** (¼ tsp) **garlic**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a medium bowl.
- Add **cucumber** and **feta**, then toss to combine.

6



Finish and serve

- Divide **tofu**, **potato wedges** and **feta-cucumber salad** between plates.
- Dollop **yogurt sauce** over **tofu**.