



Grilled Tofu and Stone Fruit Salad with Basil Pesto

Grill

Veggie

30 Minutes



Tofu
1 | 2



Ciabatta Roll
1 | 2



Nectarine
1 | 2



Basil Pesto
¼ cup | ½ cup



Garlic Salt
1 tsp | 2 tsp



Tomato
1 | 2



White Wine Vinegar
1 tsp | 2 tsp



Baby Spinach
56 g | 113 g

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



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-Services 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 \$645.99 CAD). Canadian Tire 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

- Before starting, wash and dry all produce.
- Lightly oil the grill. While you prep, preheat grill over medium-high heat (approx. 500°F).

- Cut **ciabatta** into ½-inch-thick slices.
- Cut **each nectarine** into four sections, avoiding the pit.
- Transfer **ciabatta slices** and **nectarine sections** to a plate. Brush with **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**.
- Add **pesto**, a plate with **ciabatta** and **nectarines** and a clean plate (for cooked tofu) to a large tray to bring to grill in step 3.

2



Season 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 both sides with **half the garlic salt** and **pepper**.
- Head out to the grill with **tofu** and tray of ingredients!

3



Grill tofu

- Add **tofu** to one side of the grill. Reduce heat to medium, close lid and grill **tofu**, flipping once, until grill-marked, 4-5 min per side.
- Transfer **tofu** to a plate. Spread **pesto** over top. Set aside.

4



Grill ciabatta and nectarines

- Meanwhile, add **ciabatta slices** and **nectarines** to the other side of the grill. Close lid and grill until **ciabatta** is crisp and grill marks form on **nectarines**, 2-3 min per side.
- Transfer **grilled ciabatta slices** and **nectarines** back to the same plate to cool slightly.

5



Assemble salad

- Cut or tear **cooled ciabatta** into ½-inch pieces.
- Cut **each nectarine** into ¼-inch slices.
- Cut **tomato** into ½-inch pieces.
- Add **vinegar**, ½ **tsp** (1 **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **remaining garlic salt** and **pepper**, then whisk to combine.
- Add **nectarines**, **tomatoes**, **spinach** and **half the ciabatta croutons**, then toss to combine.

6



Finish and serve

- Thinly slice **tofu**.
- Divide **salad** and **tofu** between plates.
- Spoon **any remaining pesto** from the plate over **tofu**.
- Sprinkle **remaining ciabatta croutons** over **salad**.