



Cal Smart Roasted Tofu

with Veggie Bulgur and Lemon Aioli

Smart Meal

Veggie

20 Minutes



Tofu

1 | 2



Zesty Garlic Blend

1 tbsp | 1 tbsp



Bulgur Wheat

½ cup | 1 cup



Vegetable Broth Concentrate

1 | 2



Sweet Bell Pepper

1 | 2



Zucchini

1 | 2



Lemon

1 | 2



Garlic, cloves

1 | 2



Mayonnaise

2 tbsp | 4 tbsp



Parsley

7 g | 7 g

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 | Sugar, pepper, oil, salt

Cooking utensils | Aluminum foil, baking sheet, measuring cups, measuring spoons, medium pot, paper towels, silicone brush, small bowl, zester

Measurements
within steps

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

1



Cook red pepper bulgur

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Garlic Guide for Step 4 and 5:
 - Mild: ½ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Extra: ½ tsp (1 tsp)
- Core, then cut **pepper** into ¼-inch pieces.
- Heat a medium pot over medium heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **red peppers**. Cook, stirring often until tender crisp, 2-3 min.
- Add **bulgur**, **broth concentrate** and ¾ **cup** (1 ½ **cup**) **water**.
- Cover and bring to a boil over high heat.
- Once boiling, cover and remove from heat.
- Let stand until **bulgur** is tender and liquid is absorbed, 16-18 min. Fluff with a fork.

4



Prep and make lemon aioli

- Meanwhile, peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **mayo**, **lemon zest**, ⅛ **tsp** (¼ **tsp**) **sugar**, **1 tsp** (2 **tsp**) **lemon juice** and ¼ **tsp** (½ **tsp**) **garlic** to a small bowl. (**NOTE**: Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

2



Prep zucchini and tofu

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Add **zucchini** and ½ **tbsp oil** to one side of a foil-lined baking sheet. (**NOTE**: For 4 ppl, divide zucchini between 2 baking sheets, using ½ **tbsp** oil per sheet.)
- Season with **salt** and **pepper**, then toss to coat.
- 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 **pepper** and **half the Zesty Garlic Spice Blend** (use all for 4 ppl).

5



Finish bulgur

- Add **zucchini**, **half the parsley**, ½ **tbsp** (1 **tbsp**) **oil** and **remaining garlic** to the pot with **bulgur** and **peppers**. (**NOTE**: Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

3



Broil tofu and zucchini

- Arrange **tofu** on the other side of the baking sheet with **zucchini**. (**NOTE**: For 4 ppl, divide tofu between both baking sheets.)
- Drizzle with ½ **tbsp** (1 **tbsp**) **oil**, then brush to coat.
- Broil in the **middle** of the oven until **zucchini** is tender and **tofu** is golden, 8-10 min. (**NOTE**: For 4 ppl, broil in the middle and bottom of the oven, rotating sheets halfway through.)

6



Finish and serve

- Thinly slice **tofu**.
- Divide **bulgur** between plates. Arrange **tofu** on top. Dollop with **lemon aioli**.
- Sprinkle with **remaining parsley**.
- Squeeze a **lemon wedge** over top, if desired.