



# Grilled Hawaiian Shoyu-Style Tofu

## with Fluffy Rice and Foil-Pouch Veggies

**Grill**

35 Minutes



Tofu  
1 | 2



Jasmine Rice  
¾ cup | 1 ½ cups



Shanghai Bok Choy  
2 | 4



Snow Peas, Trimmed  
56 g | 113 g



Green Onion  
1 | 2



Soy Sauce Mirin Blend  
4 tbsp | 8 tbsp



Brown Sugar  
2 tbsp | 4 tbsp



Ginger-Garlic Puree  
2 tbsp | 4 tbsp



Garlic Salt  
1 tsp | 2 tsp

**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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### Braise tofu

- Before starting, wash and dry all produce. Lightly oil the grill.
- While you prep, preheat the grill to medium (approx. 400°F).
- 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  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  **tsp**) **garlic salt** and **pepper**.
- Heat a medium (large) pot over medium-high heat. When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **tofu**. Sear until golden-brown, 1-2 min per side
- Meanwhile, combine **soy sauce mirin blend**, **brown sugar**, **ginger-garlic paste** and 2 **tbsp** (3 **tbsp**) **water** in a medium bowl.
- Add **soy sauce mixture** and 1 **tbsp** (2 **tbsp**) **butter** to the pot with **tofu**, then bring to a simmer. Cover and reduce to medium-low. Simmer until **tofu** is tender, 8-10 min.

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### Gather ingredients for grilling

- Add **foil-pouch veggies**, pot with **tofu** and **braising liquid**, a clean plate for **tofu**, a silicone brush and any grilling tools on a platter.
- Head out to grill!

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### Cook rice

- Meanwhile, add 1 **cup** (2 **cups**) **water**, 1 **tbsp** (2 **tbsp**) **butter** and  $\frac{1}{2}$  **tsp** (1 **tsp**) **garlic salt** to another medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse **rice** until water runs clear.
- Add **rice** to the **boiling water**, then reduce heat to medium-low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. (**NOTE:** Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.

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### Grill veggies and tofu

- Place **foil-pouch veggies** on one side of the grill. Close lid and grill until tender, 6-8 min.
- Meanwhile, add **tofu** to other side of the grill. Leave **braising liquid** behind in pot. Close lid and cook until grill marks form, 2-3 min per side.
- When **tofu** is almost done, brush one side with **some liquid** from pot, then flip. Grill for 30 sec, then repeat with other side.
- Transfer **tofu** to the plate.

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### Prep

- Meanwhile, cut **snow peas** in half.
- Cut **bok choy** into 1-inch pieces. Using a strainer, rinse **bok choy leaves** to wash away any hidden dirt.
- Toss **snow peas**, **bok choy**, **remaining garlic salt** and  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil** in another medium bowl. Season with **salt** and **pepper**.
- Layer two 24x12-inch pieces of foil.
- Arrange **veggie mixture** on one side of the foil.
- Fold foil in half over **veggie mixture** and pinch edges to seal pouch. (**NOTE:** For 4 ppl, make 2 pouches, using 2 sheets of foil per pouch.)

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### Finish and serve

- Thinly slice **green onions**.
- Fluff **rice** with a fork, then stir in **half the green onions**.
- Carefully open foil pouch.
- Thinly slice **tofu**, if desired.
- Divide **rice** between plates. Top with **veggies** and **tofu**.
- Drizzle **any remaining sauce** over top, then sprinkle **remaining green onions** over top.