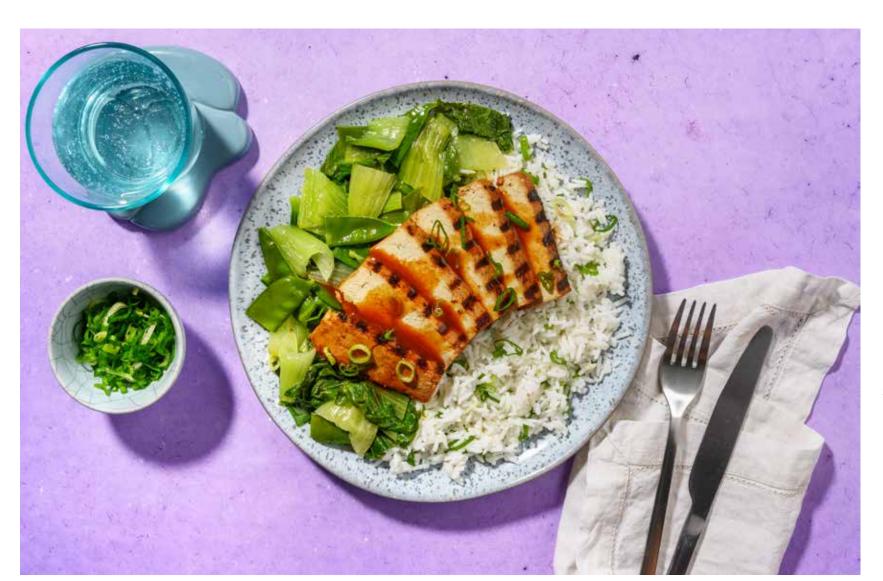


# Grilled Hawaiian Shoyu-Style Tofu

with Fluffy Rice and Foil-Pouch Veggies

Grill

35 Minutes







3/4 cup | 1 1/2 cups

Snow Peas,

Trimmed



Shanghai Bok Choy 2 | 4











4 tbsp | 8 tbsp





**Brown Sugar** 

2 tbsp | 4 tbsp

Ginger-Garlic

2 tbsp | 4 tbsp



Garlic Salt 1 tsp | 2 tsp

Allengens 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. Cooking utensils | Aluminum foil, measuring cups, measuring spoons, 2 medium bowls, 2 medium pots, paper towels, silicone brush, strainer



## 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 ¼ tsp (½ tsp) garlic salt and pepper.
- Heat a medium (large) pot over medium-high heat. When hot, add ½ 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.



#### Cook rice

- Meanwhile, add 1 cup (2 cups) water, 1 tbsp (2 tbsp) butter and ½ 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.



#### 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 ½ 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.)



# 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!



# 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.



## 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.

Measurements within steps 2 person 4 person Ingredie