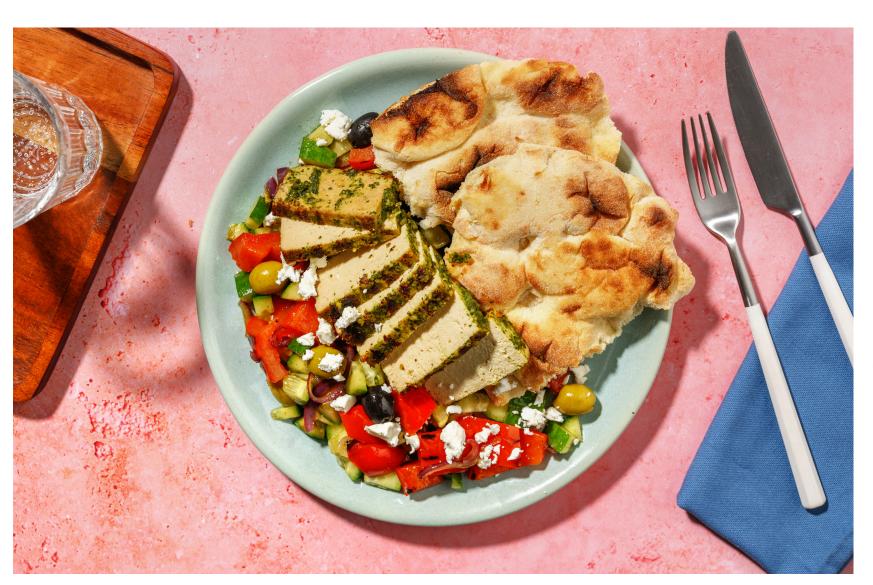


HELLO Herby Grilled Tofu with Grilled Greek Salad

Veggie

Grill

25 Minutes





1 | 2



Flatbread 2 | 4





Red Onion

Pepper 1 | 2









Mixed Olives 30 g | 60 g







1 tbsp | 2 tbsp

Greek Pesto ¼ cup | ½ cup



Feta Cheese, crumbled 1/4 cup | 1/2 cup

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. Cooking utensils | Large bowl, measuring spoons, shallow dish, paper towels



Marinate 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.
- Add tofu and Greek pesto to a shallow dish.
 Toss to coat.



Prep

- Peel, then cut half the onion (whole onion for 4 ppl) into ½-inch rounds (keeping rings together).
- Quarter, then core **pepper**.
- Cut cucumber into ½-inch pieces.
- Drain olives.



Gather ingredients

- Add onions and peppers to a plate. Drizzle
 ½ tbsp (1 tbsp) oil over top, then toss gently to coat. Season with salt and pepper.
- Gather veggies, flatbreads, shallow dish with tofu, a plate for cooked tofu and any tools for grilling on a large platter.
- Head out to grill!



Grill veggies

- Add onions to the grill. Close lid and grill, flipping once, until tender, 5-7 min per side. Return to same plate.
- Meanwhile, add peppers to the grill. Close lid and grill peppers, flipping once, until tender, 3-4 min per side. Return to same plate. Set veggies aside to cool.



Grill tofu and flatbreads

- Add tofu to the grill. Discard any remaining marinade. Close lid and grill, flipping once, until grill-marked, 4-5 min per side. Transfer tofu to a plate.
- When tofu is almost done, add flatbreads to the other side of the grill and cook until heated through and grill marks form, 1-2 min per side. (TIP: Keep an eye on flatbreads so they don't burn!)



Finish and serve

- Cut onions into bite-sized pieces.
- Cut **peppers** into bite-sized pieces.
- Combine vinegar, ¼ tsp (½ tsp) sugar,
 1 tbsp (2 tbsp) oil in a large bowl. (TIP: We love using olive oil in this recipe!)
- Add peppers, onions, cucumbers and olives to bowl with dressing. Season with salt and pepper, then toss to combine.
- Thinly slice tofu.
- Cut or tear flatbreads in half.
- Divide **tofu**, **salad** and **flatbreads** between plates.
- Top salad with feta.

Measurements within steps (2 tbsp) oil oil oil Ingredient