



Herby Grilled Tofu with Grilled Greek Salad

Veggie

Grill

25 Minutes



Tofu
1 | 2



Flatbread
2 | 4



Sweet Bell
Pepper
1 | 2



Red Onion
½ | 1



Mini Cucumber
1 | 2



Mixed Olives
30 g | 60 g



Red Wine Vinegar
1 tbsp | 2 tbsp



Greek Pesto
¼ cup | ½ cup



Feta Cheese,
crumbled
¼ cup | ½ 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.

Pantry items | Sugar, oil, salt, pepper

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

Measurements
within steps

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

1



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.

2



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**.

3



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!

4



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.

5



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!)

6



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**.