



# 'Marry Me' Tofu

with Sun-Dried Tomato Cream Sauce and Orzo

Veggie

25 Minutes



Tofu  
1 | 2



Orzo  
170 g | 340 g



Yellow Onion  
1 | 2



Baby Spinach  
28 g | 56 g



Cream  
56 ml | 113 ml



Sun-Dried  
Tomato Pesto  
¼ cup | ½ cup



Parmesan  
Cheese, shredded  
¼ cup | ½ cup



Tomato  
1 | 2



Zesty Garlic  
Blend  
1 tbsp | 2 tbsp

**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.

1



### Boil water and prep

- Before starting, wash and dry all produce.

- Add **8 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, peel, then cut **onion** into ¼-inch pieces. If desired, roughly chop **spinach**.
- Cut **tomato** into ½-inch pieces.

2



### Cook orzo

- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **1 cup** (1 ½ cups) **pasta water**, then drain **orzo** and return to the same pot, off heat.
- Add **spinach** and **1 tbsp** (2 tbsp) **butter**, then toss to coat until **spinach** wilts, 1 min. Cover to keep warm.

3



### Season tofu

- Meanwhile, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces.
- Combine **salt, pepper** and **half the Zesty Garlic Blend** in a medium bowl. Add **tofu** and toss to coat.

4



### Cook tofu

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, turning occasionally, until crispy and golden-brown all over, 6-7 min.
- Transfer **tofu** to a plate.

5



### Make sauce

- Reduce heat to medium, then add **1 tbsp** (2 tbsp) **butter** and **onions** to the same pan (from step 4). Season with **salt** and **pepper**. Cook, stirring often, until tender, 4-5 min.
- Add **tomatoes** and **remaining Zesty Garlic Blend**. Cook until **tomatoes** soften, 3-4 min.
- Add **cream, pesto, half the Parmesan** and **half the reserved pasta water**. Bring to a simmer.
- Add **tofu**. (**TIP:** For a lighter sauce, add more pasta water, 1-2 tbsp at a time.)

6



### Finish and serve

- Divide **spinach orzo** between bowls.
- Top with **tofu** and **sauce**.
- Sprinkle **remaining Parmesan** over top.