



Grilled Provençal Tofu and Pepper Sandwiches

with Zippy Lemon Aioli and Fresh Salad

Veggie

Grill

25 Minutes



Tofu
340 g | 680 g



Sandwich Bun
2 | 4



Sweet Bell Pepper
1 | 2



Basil Pesto
¼ cup | ½ cup



Mayonnaise
2 tbsp | 4 tbsp



Lemon
1 | 2



Zesty Garlic Blend
½ tbsp | 1 tbsp



Spring Mix
56 g | 113 g



Mini Cucumber
1 | 2



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 | Oil, salt, pepper, sugar

Cooking utensils | Baking sheet, large bowl, measuring spoons, 2 medium bowls, paper towels, silicone brush, small bowl, whisk, zester

Measurements
within steps

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

1



Prep

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to medium-high (approx. 500°F).

- Halve **buns**, then brush cut-side with **2 tsp** (4 tsp) **oil**. Set aside.
- Cut **cucumbers** into ¼-inch half-moons.
- Zest, then juice **lemon**.
- Add **mayo** and **lemon zest** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Halve **pepper**, then core.
- Brush **peppers** with **1 ½ tsp** (3 tsp) **oil**, then season with **salt** and **pepper**. Set aside on an unlined baking sheet.

4



Grill veggies

- Add **peppers** to one side of the grill. Close lid and grill, flipping once, until **peppers** are tender-crisp, 9-12 min.
- Transfer **veggies** back to the baking sheet. Cover to keep warm.

2



Make salad

- Add **½ tbsp** (1 tbsp) **lemon juice**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cucumbers** and **spring mix**. Set aside. (**TIP:** We'll toss the salad in step 6!)

3



Prep tofu

- 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.
- Drizzle over **1 tsp** (2 tsp) **oil**, then sprinkle over **½ tbsp** (1 tbsp) **Zesty Garlic Spice Blend** and season with **salt** and **pepper**. Toss to coat. Set aside.

5



Grill tofu and toast buns

- Add **tofu** to the other side of the grill. Grill **tofu**, flipping once, until grill marked, 4-5 min per side.
- When **tofu** is almost done, add **buns** to other side of the grill, cut-side down. Close lid and grill **buns** until toasted, 1-2 min. (**TIP:** Keep an eye on buns so they don't burn!)
- Transfer **tofu** and **buns** to the baking sheet with **peppers**.

6



Finish and serve

- Slice **tofu**, then add to another medium bowl with **basil pesto**. Toss to coat.
- Cut **peppers** into ¼-inch slices. (**TIP:** Remove skin, if desired!)
- Spread **lemon aioli** over **buns**, then top with **pesto tofu** and **half the red peppers**.
- Add **remaining red peppers** to **salad**, then toss to combine.
- Divide **sandwiches** and **salad** between plates.
- Sprinkle **feta** over **salad**.