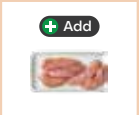




# Carb Smart Glazed Tofu Salad

with Tomato Couscous and Yogurt Drizzle

Veggie Smart Meal Spicy 30 Minutes



Chicken Breast  
Tenders  
310 g | 620 g

Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Tofu  
1 | 2



Couscous  
½ cup | 1 cup



Baby Tomatoes  
113 g | 227 g



Spring Mix  
113 g | 227 g



Lime  
1 | 2



Cilantro  
7 g | 14 g



Yogurt Sauce  
3 tbsp | 6 tbsp



Sweet Chili Sauce  
2 tbsp | 4 tbsp



Cumin-Turmeric  
Spice Blend  
1 ½ tsp | 3 tsp

**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



### Prep and roast tomatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce

- Halve **tomatoes**.
- Add **tomatoes**,  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**. Toss to coat.
- Roast in the **middle** of the oven until tender and juicy, 10-12 min.

2



### Cook couscous

- Add  $\frac{2}{3}$  **cup** (1  $\frac{1}{3}$  **cups**) **water**, **1 tbsp** (2 **tbsp**) **butter** and  $\frac{1}{8}$  **tsp** ( $\frac{1}{4}$  **tsp**) **salt** to a medium pot. Cover and bring to a boil over high.
- Once boiling, remove from heat, then add **couscous**. Stir to combine. Cover and let stand for 5 min. When **couscous** is tender, fluff with a fork.

3



### Finish prep

- Zest, then juice **lime**.
- Roughly chop **cilantro**.
- Add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **lime juice**,  $\frac{1}{2}$  **tbsp** (**tbsp**) **sweet chili sauce** and  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**. Stir to mix. This is your **dressing**!
- Pat **tofu** dry with paper towels, then cut into  $\frac{1}{2}$ -inch pieces. Add **tofu** to a medium bowl. Sprinkle **Cumin-Turmeric Spice Blend** over top. Season with **salt** and **pepper**. Toss to coat.

4



### Cook tofu

+ Add | **Chicken Breast Tenders**

- Heat a large non-stick pan over medium-high. When hot, add **1 tbsp oil**, then **tofu**. Pan-fry, turning occasionally, until golden, 7-8 min. (**NOTE**: Cook tofu in two batches for 4 ppl, using 1 **tbsp** oil for each batch!)
- Remove pan from heat. Add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **lime juice** and **remaining sweet chili sauce**. Season with **salt** and **pepper**. Stir to coat.

5



### Finish and serve

+ Add | **Chicken Breast Tenders**

- Add **tomatoes** and **lime zest** to **couscous**. Stir to mix
- Add **spring mix** to bowl of **dressing**. Toss to coat.
- Divide **salad** between plates. Top with **couscous** and **tofu**.
- Drizzle with **yogurt sauce**.
- Sprinkle **cilantro** over top.

### 4 | Cook chicken and tofu

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **chicken**. Pan-fry on one side until golden, 2-3 min. Flip, then cover and continue cooking, until cooked through, 2-3 min.\*\* Transfer **chicken** to a plate and cover to keep warm. Wipe out pan. Follow the rest of recipe as written.

### 5 | Finish and serve

+ Add | **Chicken Breast Tenders**

Top final plates with **chicken**.