



Mango-Glazed Caribbean-Style Tofu

with Creamy Coleslaw and Green Onion-Lime Rice

Veggie

Spicy

35 Minutes



Tofu
1 | 2



Basmati Rice
¾ cup | 1 ½ cups



Green Cabbage,
shredded
56 g | 113 g



Green Onion
1 | 2



Lime
1 | 1



Mango Chutney
4 tbsp | 8 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Jerk Spice Blend
1 tbsp | 2 tbsp



Soy Sauce
1 tbsp | 2 tbsp



Carrot, julienned
56 g | 113 g

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 | Pepper, salt, unsalted butter, oil, sugar

Cooking utensils | Measuring cups, medium pot, measuring spoons, baking sheet, large non-stick pan, paper towels, parchment paper, whisk, zester, large bowl

Measurements
within steps

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

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **½ tsp** (¼ tsp) **salt** to a medium pot.
- Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Sear and roast tofu

- Meanwhile, 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. Season with **Jerk Spice Blend**, **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. (**NOTE:** Don't overcrowd the pan; cook tofu in 2 batches if needed.) Cook until golden, 1-2 min per side.
- Transfer **tofu** to a parchment-lined baking sheet.
- Bake in the **middle** of the oven until **tofu** is tender and golden, 6-8 min.
- Set **tofu** aside to rest for 5 min.

3



Make coleslaw

- Meanwhile, zest, then juice **half the lime** (whole lime for 4 ppl). Cut **any remaining lime** into wedges.
- Add **mayo**, **lime juice**, **half the lime zest**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cabbage** and **carrots** to the bowl with **dressing**. Toss to coat.

4



Cook glaze

- Reheat the same pan (from step 2) over medium.
- When hot, add **soy sauce**, **mango chutney** and **2 tbsp** (4 tbsp) **water**. Season with **pepper**.
- Remove from heat.

5



Flavour rice

- Meanwhile, thinly slice **green onions**.
- Fluff **rice** with a fork, then add **half the green onions** and **remaining lime zest**.

6



Finish and serve

- Thinly slice **tofu**.
- Divide **rice**, **tofu** and **coleslaw** between plates.
- Spoon **glaze** from the pan over **tofu** and sprinkle with **remaining green onions**.
- Squeeze a **lime wedge** over top, if desired.