



# BBQ-Sauced Tofu

## with Garlic Toasts and Dilly Coleslaw

Veggie

20 Minutes



Tofu  
1 | 2



Sandwich Bun  
2 | 4



Green Cabbage,  
shredded  
113 g | 226 g



Mini Cucumber  
1 | 2



Dill  
7 g | 7 g



BBQ Sauce  
4 tbsp | 8 tbsp



Garlic Spread  
2 tbsp | 4 tbsp



Mayonnaise  
2 tbsp | 4 tbsp



BBQ Seasoning  
1 tbsp | 2 tbsp



White Wine  
Vinegar  
½ tbsp | 1 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.

**Pantry items** | Oil, sugar, salt, pepper

**Cooking utensils** | Baking sheet, large bowl, large non-stick pan, paper towels, parchment paper

Measurements  
within steps

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

1



### Prepare tofu

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Line a baking sheet with parchment paper.
- Heat a large non-stick pan over medium-high heat.
- 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 **salt**, **pepper** and **BBQ Seasoning**.

2



### Cook tofu

- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Sear until golden-brown, 1-2 min per side.
- Remove from heat, then transfer **tofu** to prepared baking sheet.
- Bake in the **middle** of the oven until tender and golden, 6-8 min.

3



### Make slaw

- Meanwhile, thinly slice **cucumber**.
- Using kitchen shears, snip as much **dill** as desired into a large bowl.
- Add **mayo**, **half the vinegar** (use all for 4 ppl) and **¼ tsp** (½ tsp) **sugar** to the same bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **cabbage** and **cucumbers**, then toss to coat.

4



### Make toasts

- Halve **buns**.
- Add **garlic spread** to cut sides.
- Arrange directly on the **top** rack of the oven, cut-side up. Toast until golden-brown, 3-4 min. (TIP: Keep an eye on them so they don't burn!)

5



### Warm BBQ sauce (optional)

- Add **BBQ sauce** to a microwavable bowl or a small pan. Microwave until warmed through, 30 sec. (TIP: You can skip this step if you don't want to warm the BBQ sauce.)

6



### Finish and serve

- Thinly slice **tofu**.
- Divide **tofu**, **slaw** and toasts between plates.
- Drizzle **BBQ sauce** over **tofu**.