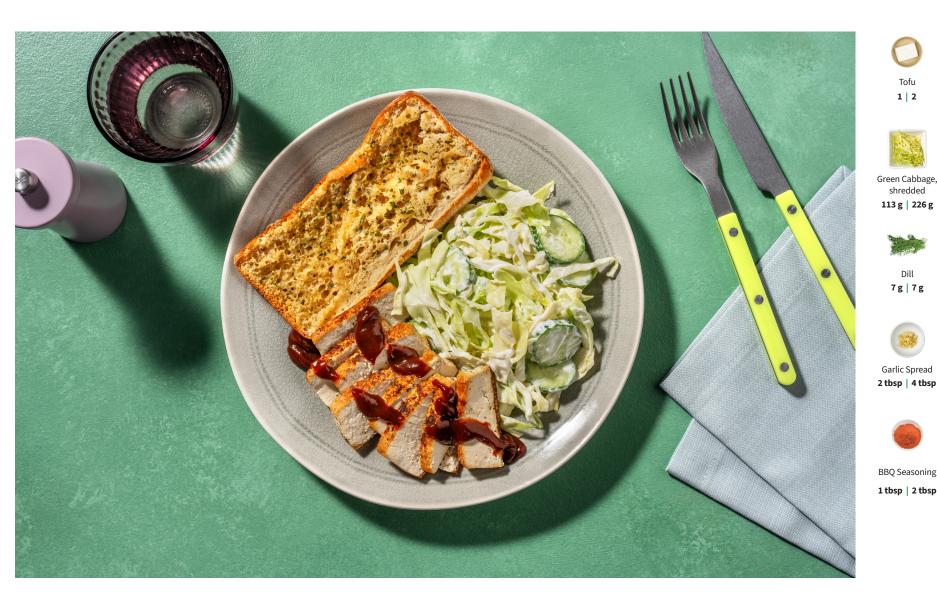


HELLO BBQ-Sauced Tofu with Garlic Toasts and Dilly Coleslaw

Veggie

20 Minutes





1 | 2



Sandwich Bun 2 | 4







Green Cabbage, shredded 113 g | 226 g









7 g | 7 g

BBQ Sauce 4 tbsp | 8 tbsp





Garlic Spread 2 tbsp | 4 tbsp

Mayonnaise 2 tbsp | 4 tbsp





BBQ Seasoning



Vinegar 1/2 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. Cooking utensils | Baking sheet, large bowl, large non-stick pan, paper towels, parchment paper



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.



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.



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.



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!)



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.)



Finish and serve

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

Measurements within steps | 1 tbsp | (2 tbsp) | oil | | oil | | |