



Cal Smart Moroccan-Inspired Tofu

with Jewelled Couscous and Fig Sauce

Veggie

Smart Meal

30 Minutes



Tofu
1 | 2



Couscous
½ cup | 1 cup



Sweet Bell
Pepper
1 | 2



Red Onion
1 | 2



Baby Spinach
56 g | 113 g



Almonds, sliced
28 g | 56 g



White Cooking
Wine
4 tbsp | 8 tbsp



Fig Spread
2 tbsp | 4 tbsp



Moroccan Spice
Blend
½ tbsp | 1 tbsp



Garlic Salt
½ tsp | 1 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.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, 2x measuring spoons, medium pot, paper towels, small bowl

Measurements
within steps

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

1



Prep

- Before starting, preheat oven to 425°F.
- Wash and dry all produce.
- Roughly chop **spinach**.
- Peel, then cut **onion** into ¼-inch pieces.
- Core, then cut **pepper** into ¼-inch pieces.
- 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 **half the Moroccan Spice Blend** (use all for 4 ppl), **salt** and **pepper**.

2



Sear and roast tofu

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan-fry until golden, 2-3 min per side.
- Remove from heat, then transfer **tofu** to an unlined baking sheet.
- Roast in the **middle** of the oven until tender and golden, 6-8 min.
- When done, transfer **tofu** to a plate to rest, 3-5 min.

3



Prep and cook couscous

- Meanwhile, add **⅔ cup** (1 ⅓ cups) **water** and **½ tsp** (1 tsp) **garlic salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Add **spinach** to the pot, then cover and let stand, 5 min.
- When **couscous** is tender, fluff with a fork.

4



Cook veggies

- Meanwhile, reheat the same pan (from step 2) over medium.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **peppers** and **onions**.
- Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.
- Carefully wipe the pan clean.

5



Make fig sauce

- Reheat the same pan over medium.
- When hot, add **cooking wine**, **fig spread** and **2 tbsp** (4 tbsp) **water**. Season with **salt** and **pepper**. Bring to a simmer.
- Cook, until **sauce** reduces slightly, 2-3 min.
- Remove from heat.
- Stir **any tofu resting juices** from the plate into **sauce**. Transfer **sauce** to a small bowl.

6



Finish and serve

- Add **almonds**, **peppers** and **onions** to the pot with **couscous**. Season with **salt** and **pepper**, then stir to combine.
- Thinly slice **tofu**.
- Divide **jewelled couscous** between plates. Top with **tofu**.
- Spoon **fig sauce** over top.