



# BBQ-Style Tofu Dinner

## with Potato Salad and Garlic Broccoli

Veggie

30 Minutes



Tofu  
1 | 2



Yellow Potato  
350 g | 700 g



Broccoli  
227 g | 454 g



BBQ Sauce  
4 tbsp | 8 tbsp



Mayonnaise  
2 tbsp | 4 tbsp



Garlic Puree  
1 tbsp | 2 tbsp



Southwest Spice Blend  
1 tbsp | 2 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** | Unsalted butter, sugar, oil, salt, pepper

**Cooking utensils** | Baking sheet, colander, measuring spoons, silicone brush, large bowl, large pot, large non-stick pan, paper towels

Measurements  
within steps

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

1



### Cook potatoes

- Wash and dry all produce.
- Cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water to cover** (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain **potatoes**.

2



### Prep

- Meanwhile, cut **broccoli** into bite-sized 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.) Season with **Southwest Spice Blend**, **salt** and **pepper**.

3



### Cook tofu

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **tofu**. Pan-fry until golden-brown, 2-3 min per side.
- Transfer **tofu** to a plate, then brush with **half the BBQ sauce**. Cover to keep warm.
- Carefully wipe the pan clean.

4



### Cook broccoli

- Reduce the heat to medium, add **2 tbsp** (4 **tbsp**) **butter**, then swirl the pan until melted, 1 min.
- Add **broccoli** and **2 tbsp** (4 **tbsp**) **water**. Season with **salt** and **pepper**, then stir to combine. Cover and cook, stirring occasionally, until tender, 5-6 min.
- Add **half the garlic puree**. Cook, stirring occasionally, until fragrant, 30 sec.
- Remove from heat.

5



### Make potato salad

- When **potatoes** are done, combine **mayo**, **remaining garlic puree** and ¼ **tsp** (½ **tsp**) **sugar** in a large bowl.
- Add **potatoes**. Season with **salt** and **pepper**, then stir to combine.

6



### Finish and serve

- Divide **tofu**, **broccoli** and **potato salad** between plates.
- Serve **remaining BBQ sauce** on the side for dipping.



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