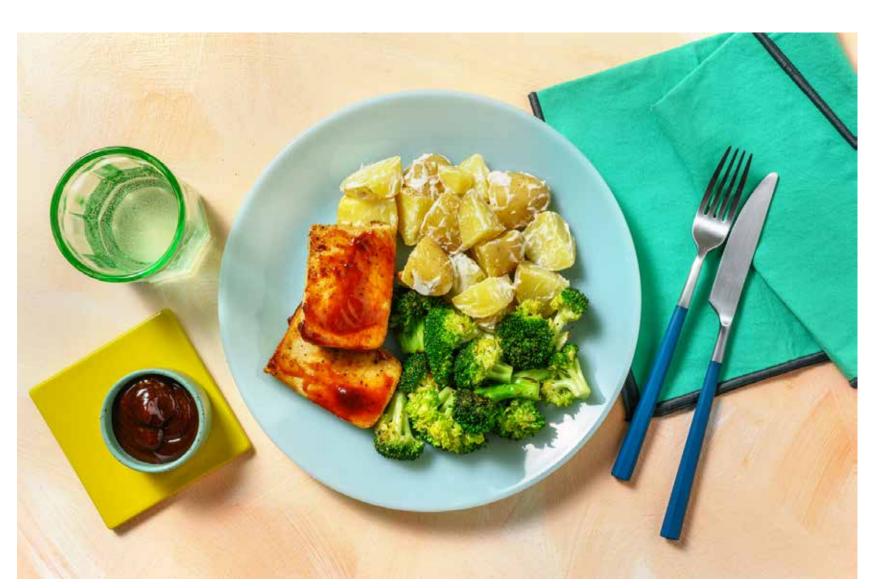


HELLO BBQ-Style Tofu Dinner with Potato Salad and Garlic Broccoli

Veggie

30 Minutes









Yellow Potato 350 g | 700 g



Broccoli



227 g | 454 g





Mayonnaise



Garlic Puree 2 tbsp | 4 tbsp 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.

Cook potatoes

- · Wash and dry all produce.
- Cut potatoes into 1/2-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.



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.



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.



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.



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.



Finish and serve

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

