

Cozy Tofu and Pesto Orzo with Spinach and Peas

35 Minutes







Zesty Garlic Blend 1 tbsp | 2 tbsp



170 g | 340 g

Baby Spinach 56 g | 113 g



Basil Pesto



¼ cup | ½ cup

Cheese, shredded 1/4 cup | 1/4 cup







Garlic, cloves 1 2

Green Peas 56 g | 113 g

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 tofu

- Wash and dry all produce.
- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat tofu dry with paper towels. Cut in half, parallel to the cutting board. (NOTE: You will have 2 square tofu "steaks" per block.)
- Season with salt, pepper and half the Zesty Garlic Blend.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then tofu. Pan-fry until golden, 2-3 min per side.
- Remove the pan from heat, then transfer to a plate. Cover to keep warm.



Prep

• Meanwhile, peel, then mince or grate garlic.



Start orzo

- Reheat the same pan (from step 1) over medium.
- When the pan is hot, add
 1 tbsp (2 tbsp) butter, then swirl until melted.
- Add orzo, garlic and remaining Zesty Garlic Blend. Cook, stirring constantly, until fragrant, 30 sec.
- Add 2 ¼ cups (4 cups) water, then season with salt and pepper. Cover and bring to a boil over high.



Cook orzo and peas

- Once boiling, reduce heat to medium.
- Cook covered, stirring occasionally, until **orzo** is halfway done, 7-8 min.
- Stir in **peas**.
- Uncover and cook, stirring occasionally, until orzo is tender and creamy, 7-9 min.
 (TIP: If liquid reduces too much, add more water, ¼ cup at a time.)



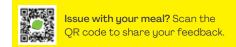
Finish orzo

- When orzo is tender, add spinach and three-quarters of the Parmesan.
- Cook, stirring often, until spinach wilts and Parmesan melts, 1 min.
- Remove the pan from heat.
- Stir in **3 tbsp** (6 tbsp) **pesto**, then season with **salt** and **pepper**, to taste.
- Stir in **any remaining pesto**, if desired.



Finish and serve

- Thinly slice tofu.
- Divide pesto orzo between plates. Top with tofu.
- Sprinkle with **remaining Parmesan**.



Measurements within steps 2 person 4 person Ingredie