



Cozy Tofu and Pesto Orzo

with Spinach and Peas

35 Minutes



Tofu

1 | 2



Zesty Garlic Blend

1 tbsp | 2 tbsp



Orzo

170 g | 340 g



Baby Spinach

56 g | 113 g



Basil Pesto

¼ cup | ½ cup



Parmesan Cheese, shredded

¼ cup | ½ 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.

1



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.

2



Prep

- Meanwhile, peel, then mince or grate **garlic**.

3



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.

4



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.)

5



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.

6



Finish and serve

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

