



Crispy Tofu Parm

with Buttery Zucchini Orzo

Veggie

30 Minutes



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Tofu



Panko Breadcrumbs



Mayonnaise



Parmesan Cheese,
grated



Chili Flakes



Orzo



Zucchini



Garlic Salt



Italian Seasoning



Marinara Sauce



Mozzarella Cheese,
shredded

HELLO MARINARA SAUCE

Italian tomato sauce flavoured with onions, garlic and herbs!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, shallow dish, strainer, medium pot, measuring cups, parchment paper, small pot, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|-----------------------------|----------|----------|
| Tofu | 1 | 2 |
| Panko Breadcrumbs | ¼ cup | ½ cup |
| Mayonnaise | 2 tbsp | 4 tbsp |
| Parmesan Cheese, grated | ¼ cup | ½ cup |
| Chili Flakes 🌶️ | 1 tsp | 2 tsp |
| Orzo | 170 g | 340 g |
| Zucchini | 200 g | 400 g |
| Garlic Salt | 1 tsp | 2 tsp |
| Italian Seasoning | 1 tbsp | 1 tbsp |
| Marinara Sauce | ½ cup | 1 cup |
| Mozzarella Cheese, shredded | ¾ cup | 1 ½ cups |
| Unsalted Butter* | 2 tbsp | 4 tbsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

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.



Prep

- Cut **zucchini** into ¼-inch pieces.
- Slice **tofu** into ½-inch pieces lengthwise, then cut each piece in half crosswise.
- Pat **tofu** dry with paper towels, then season with ½ **tsp** (1 **tsp**) **garlic salt** and **pepper**.
- Pour **panko** and **Parmesan** into a shallow dish.
- Spread **mayo** all over **tofu**.
- Working with **one piece of tofu** at a time, press both sides into **panko mixture** to coat completely.



Finish tofu

- Sprinkle **mozzarella** over **tofu pieces**.
- Broil in the **middle** of the oven until **mozzarella** melts, 3-4 min.
- Meanwhile, stir together **marinara sauce**, ½ **tbsp** (1 **tbsp**) **Italian Seasoning** and ¼ **tsp** (½ **tsp**) **chili flakes** in a small pot. Cook, stirring occasionally, until heated through, 3-4 min.



Cook tofu

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp oil**, then **coated tofu pieces**. Cook until golden-brown on one side, 3-4 min. (**NOTE:** Don't overcrowd the pan; cook tofu in 2 batches for 4 ppl, using 1 **tbsp** oil per batch.)
- Add ½ **tbsp oil** and flip **tofu pieces**. Cook until golden-brown on the other side, 2-3 min.
- Set aside on a parchment-lined baking sheet.



Cook veggies and finish pasta

- Add 2 **tbsp** (4 **tbsp**) **butter** to the same pot, swirl the pot to melt.
- Add **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4.
- Season with ½ **tsp** (1 **tsp**) **garlic salt** and **pepper**.
- Add **orzo** and **reserved pasta water** to the pot. Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.



Cook orzo

- Meanwhile, add 6 **cups water** and 1 **tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve ½ **cup** (1 **cup**) **pasta water**, then drain.



Finish and serve

- Divide **buttery zucchini orzo** between plates.
- Top with **crispy tofu Parm**.
- Dollop **zesty marinara** over top just before serving.
- Sprinkle with **more chili flakes**, if desired.

Dinner Solved!



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