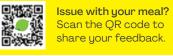


# Crispy Tofu Parm

with Buttery Zucchini Orzo

Veggie

30 Minutes









Panko Breadcrumbs







Mayonnaise

Parmesan Cheese, grated





Chili Flakes







Zucchini

Garlic Salt





Marinara Sauce

Italian Seasoning

Mozzarella Cheese,



shredded

## Start here

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

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

	0.0	4.5
	2 Person	4 Person
Tofu	1	2
Panko Breadcrumbs	1/4 cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Parmesan Cheese, grated	1/4 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**

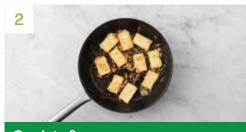
Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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 1/4-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.



## Cook tofu

- Heat a large non-stick pan over mediumhigh 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 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 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 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.



## 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!** 

