

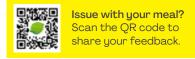
# Firey Mapo-Style Crispy Tofu

with Jasmine Rice and Sesame-Roasted Broccoli

Veggie

Spicy

30 Minutes











Szechuan Sauce





Sesame Oil

Jasmine Rice



Cornstarch



Broccoli, florets



Garlic Salt



Black Sesame Seeds



instructions on the back of this card and you're set.

# This is a Custom Recipe. If you chose to add your protein, simply follow the

Happy cooking!



# Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

#### **Bust out**

Baking sheet, measuring spoons, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

3. 5 35		
	2 Person	4 Person
Tofu	1	2
Shrimp	285 g	570 g
Szechuan Sauce	30 ml	60 ml
Sesame Oil	1 tbsp	2 tbsp
Jasmine Rice	¾ cup	1 ½ cups
Ginger-Garlic Puree	2 tbsp	4 tbsp
Cornstarch	2 tbsp	4 tbsp
Broccoli, florets	227 g	454 g
Garlic Salt	½ tsp	1 tsp
Black Sesame Seeds	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\*Cook shrimp to a minimum internal temperature of of 74°C/165°F, as size may vary.

## **Allergens**

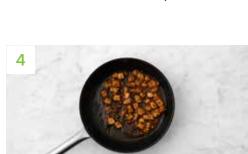
Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



#### Cook rice

- Add **1 cup** (2 cups) **water** and **1/4 tsp**) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse rice until water runs clear.
- Add rice to the boiling water, then reduce heat to medium-low. Cover and cook, until rice is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.)
- Remove from heat. Set aside, still covered.



#### Make sauce

- Meanwhile, add ginger-garlic puree,
  Szechuan sauce, soy sauce, remaining
  sesame oil and ½ cup (1 cup) water to a
  small bowl. Whisk to combine.
- Add **sauce** to the pan with **tofu**. Cook, stirring often, until slightly thickened, 3-4 min.

Add **sauce and tofu** to the pan with **shrimp**. Follow the rest of the instructions as written.



## Prep

- Meanwhile, pat **tofu** dry with paper towels, then cut into ½-inch cubes. Season with **salt** and **pepper**.
- Add cornstarch and half the sesame seeds to a large zip-top bag. Add tofu, close the bag, then toss to coat tofu.
- Cut **broccoli** into bite-sized pieces.
- Add broccoli, ½ tbsp (1 tbsp) oil and half the sesame oil to an unlined baking sheet. Season with ½ tsp (1 tsp) garlic salt and pepper, then toss to coat. Roast in the middle of the oven until golden-brown, 8-10 min.



## Cook tofu

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add 1 tbsp oil, then tofu. Pan-fry, turning occasionally, until golden-brown,
  7-8 min. (NOTE: Cook tofu in two batches for 4 ppl, using 1 tbsp oil per batch.)

If you opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. When **tofu** is finished cooking, add ½ **tbsp** (1 tbsp) **oil** to the same pan, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.\*\*



## Finish and serve

- Fluff rice with a fork, then stir in remaining sesame seeds.
- Divide **rice** between bowls and top with **roasted broccoli**.
- Top with mapo-style tofu.

**Dinner Solved!** 

