



Firey Mapo-Style Crispy Tofu with Jasmine Rice and Sesame-Roasted Broccoli

Veggie

Spicy

30 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to add your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- Tofu
- Shrimp
- Szechuan Sauce
- Sesame Oil
- Jasmine Rice
- Ginger-Garlic Puree
- Cornstarch
- Broccoli, florets
- Garlic Salt
- Black Sesame Seeds

HELLO SESAME OIL

This fragrant oil adds an irresistible aroma to any Asian-inspired dish!

Start here

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

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

Bust out

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

Ingredients

	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 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.

1



Cook rice

- Add **1 cup** (2 cups) **water** and **½ tsp** (¼ 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.

4



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.

2



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.

5



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**.

3



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.**



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Dinner Solved!