



Honey-Garlic Tofu Bowls

with Peppers and Carrots

Veggie

30-40 Minutes



Tofu
1 | 2



Jasmine Rice
¾ cup | 1 ½ cup



Sweet Bell
Pepper
1 | 2



Carrot
1 | 2



Honey-Garlic
Sauce
4 tbsp | 8 tbsp



Soy Sauce
1 tbsp | 2 tbsp



Green Onion
1 | 2



All-Purpose Flour
1 tbsp | 2 tbsp

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

- Before starting, wash and dry all produce.
- Add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Thinly slice green **onion**.

3



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **3 tbsp** (⅓ cup) **water**, **½ tsp** (¼ tsp) **salt** and **carrots**. Cook, stirring often, until **water** is absorbed and **carrots** are tender-crisp, 4-5 min.
- Add **1 tbsp** (2 tbsp) **oil**, then **peppers**. Cook, stirring often, until **veggies** are tender, 3-4 min.
- Remove from heat, then transfer **veggies** to a plate. Cover to keep warm.

4



Prep tofu

- Meanwhile, pat **tofu** dry with paper towels, then cut into 1-inch pieces.
- Season with **salt** and **pepper**. Add **tofu** and **flour** to a medium bowl. Toss well to coat **each tofu piece**.

5



Cook tofu and sauce

- Reheat the same pan (from step 3) over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, stirring occasionally, until browned, 4-6 min.
- Add **½ cup** (1 cup) **water**, **honey-garlic sauce** and **soy sauce**. Bring to a boil.
- Cook, stirring often, until **sauce** thickens, 2-3 min.
- Remove from heat, then season with **salt** and **pepper**, to taste.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **half the green onions**.
- Divide **rice** between bowls.
- Top with **veggies** and **honey-garlic tofu stir-fry**.
- Sprinkle **remaining green onions** over top.

