



Lemon-Pepper Tofu

with Spinach Caesar Salad

20-min

Veggie

20 Minutes



Tofu
1 | 2



Croutons
28 g | 56 g



Parmesan Cheese, shredded
¼ cup | ¼ cup



Lemon-Pepper Seasoning
1 tbsp | 2 tbsp



Baby Spinach
113 g | 227 g



Mayonnaise
4 tbsp | 8 tbsp



Garlic, cloves
1 | 2



Lemon
1 | 1

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 tofu

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 3:**
 - Mild: ¼ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Extra: ½ tsp (1 tsp)
- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **tofu** dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two 'square' tofu steaks per block.) Season with **half the Lemon-Pepper Seasoning** and **salt**.
- When the pan is hot add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Cook, flipping once, until **tofu** is crispy, 2-3 min per side.
- Transfer **tofu** to a plate. Cover to keep warm and set aside.

2



Prep

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Peel, then mince or grate **garlic**.

3



Make dressing

- Combine mayo, **lemon zest**, **lemon juice**, **half the Parmesan**, **remaining Lemon-Pepper Seasoning** and ¼ tsp (½ tsp) **garlic** in a small bowl. (**NOTE:** Reference garlic guide.)

4



Make salad

- Add **spinach**, **croutons** and **half the dressing** to a large bowl. Toss to combine.

5



Finish and serve

- Thinly slice **tofu**.
- Divide **salad** between plates. Top with **tofu**.
- Drizzle **remaining dressing** over top, then sprinkle with **remaining Parmesan**.
- Squeeze a **lemon wedge** over top, if desired.



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