



Maple-Mustard Tofu

with Caramelized Onions and Garlicky Green Beans

30-40 Minutes



Extra-Firm Tofu
1 | 2



Green Beans
170 g | 340 g



Sweet Potato
2 | 4



Yellow Onion
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Maple Syrup
2 tbsp | 4 tbsp



Dijon Mustard
1 tbsp | 2 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp



Soy Sauce
1 ½ tsp | 3 tsp



Garlic Salt
1 tsp | 2 tsp

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.

Pantry items | Pepper*, salt*, unsalted butter*, oil*, sugar*

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

Measurements
within steps

1 tbsp (2 person)
(2 tbsp) (4 person)
oil (Ingredient)

1



Roast sweet potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **pepper** and **garlic salt**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

2



Caramelize onions

- Meanwhile, heat a medium pot over medium heat. While the pot heats, peel, then cut **onion** into ¼-inch slices.
- When the pot is hot, add **1 tbsp** (1 ½ tbsp) **oil**, then **onions**. Cook, stirring occasionally, until golden-brown, 6-7 min.
- Add **1 tsp** (2 tsp) **sugar** and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 4-6 min.
- Remove the pot from heat.

3



Prep

- Meanwhile, trim **green beans**.
- Stir together **Dijon**, **whole grain mustard**, **maple syrup**, **soy sauce**, **half the garlic purée** and **1 tbsp** (2 tbsp) **water** in a small bowl.

4



Cook green beans

- Heat a large non-stick pan over medium-high heat.
- When hot, add **green beans** and ¼ **cup** (½ cup) **water**. Season with **salt** and **pepper**. Bring to a simmer.
- Once simmering, cook, stirring occasionally, until **green beans** are tender-crisp and **water** has evaporated, 4-5 min.
- Add **1 ½ tbsp** (3 tbsp) **butter** and **remaining garlic purée**. Cook, stirring often, until fragrant, 30 sec.
- Transfer **green beans** to a plate. Cover to keep warm. Carefully wipe the pan clean.

5



Cook tofu

- Meanwhile, pat **tofu** dry with paper towels. Season with **salt** and **pepper**.
- When **green beans** are done, heat the same pan over medium-high.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **tofu**. Sear until golden-brown 1-2 min per side.**
- Reduce heat to medium, then add **maple-mustard mixture**. Cook, flipping **tofu** to coat, until **sauce** thickens slightly, 30 sec-1 min. Season with **salt** and **pepper**, to taste.
- Remove the pan from heat.

6



Finish and serve

- Divide **tofu**, **sweet potatoes** and **green beans** between plates.
- Top **tofu** with **caramelized onions**.
- Drizzle **any remaining maple-mustard sauce** from the pan over **tofu** and **onions**.



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