



SWEET AND SOUR TOFU

with Peppers, Pineapple and Jasmine Garlic Rice



HELLO TOFU

Similar to cheese, tofu is created by coagulating soy milk, then pressing the curds into blocks

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 742



Extra-Firm Tofu



Onion, sliced



Red Bell Pepper



Pineapple, spears



White Wine Vinegar



Brown Sugar



Tomato Paste



Jasmine Rice



Cornstarch



Green Onions



Garlic



Red Chili

BUST OUT

- Baking Sheet
- Paper Towel
- Garlic Press
- Small Bowl
- Medium Pot
- Whisk
- Large Non-Stick Pan
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Measuring Cups

INGREDIENTS

2-person | 4-person

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|-------------------------------|--------|--|---------|
| • Extra-Firm Tofu 4 | 200 g | | 400 g |
| • Onion, sliced | 56 g | | 113 g |
| • Red Bell Pepper | 190 g | | 380 g |
| • Pineapple, spears | 113 g | | 227 g |
| • White Wine Vinegar 9 | 1 tbsp | | 2 tbsp |
| • Brown Sugar | 1 tbsp | | 2 tbsp |
| • Tomato Paste | 2 tbsp | | 4 tbsp |
| • Jasmine Rice | ¾ cup | | 1 ½ cup |
| • Cornstarch 9 | 2 tsp | | 4 tsp |
| • Green Onions | 2 | | 4 |
| • Garlic | 10 g | | 20 g |
| • Red Chili 1 | 1 | | 1 |

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

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|-------------------------------|----------------------------------|
| 0 Seafood/Fruit de Mer | 6 Mustard/Moutarde |
| 1 Wheat/Blé | 7 Peanut/Cacahuète |
| 2 Milk/Lait | 8 Sesame/Sésame |
| 3 Egg/Oeuf | 9 Sulphites/Sulfites |
| 4 Soy/Soja | 10 Crustacean/Crustacé |
| 5 Tree Nut/Noix | 11 Shellfish/Fruit de Mer |

*Laver et sécher tous les aliments.



START STRONG

Preheat your broiler to **high** (to broil the tofu). In Step 6, use this heat guide to determine what spice level you prefer: **1/8 tsp** mild, **1/4 tsp** medium, **1/2 tsp** spicy and **1 tsp** extra-spicy!



1 COOK RICE
Wash and dry all produce.* Mince or grate the **garlic**. Heat a medium pot over medium-high heat. When the pot is hot, add **1 tbsp** oil (dbl for 4 ppl), then the **garlic** and **rice**. Cook, stirring frequently, until the **garlic** is fragrant, 1 min. Add **1 ½ cups** water (dbl for 4 ppl) to the pot and bring to a boil. Reduce the heat to medium-low. Cover and cook until the **rice** is tender and **liquid** has been absorbed, 12-14 min.



4 STIR-FRY VEGGIES
Heat a large non-stick pan (or a wok) over medium-high. When the pan is hot, add **1 tbsp** oil (dbl for 4 ppl), then the **onions**, **peppers** and **pineapple**. Season with **salt** and **pepper**. Cook, stirring occasionally, until the **veggies** soften, 4-5 min.



2 BROIL TOFU
Meanwhile, pat the **tofu** dry with paper towels, then cut into ½-inch cubes. On a baking sheet, toss the **tofu** with **1 tbsp** oil (dbl for 4 ppl). Season with **salt** and **pepper**. Broil in the middle of the oven, stirring halfway through cooking, until golden-brown, 9-10 min.



5 FINISH STIR-FRY
Take the pan off the heat, then add the **sweet and sour sauce** and **tofu** to the pan. Stir together to coat the **tofu**, **pineapple** and **veggies** with the sauce. Season with **salt** and **pepper**.



3 PREP
Meanwhile, in a small bowl, whisk together **1 tbsp** vinegar (dbl for 4 ppl), **brown sugar**, **tomato paste**, **cornstarch** and **¼ cup** water (dbl for 4 ppl). Set aside. Core, then cut the **bell pepper(s)** into 1-inch cubes. Cut the **pineapple** into ½-inch cubes. Thinly slice the **green onions**. Finely chop the **chili**, removing seeds for less heat.



6 FINISH AND SERVE
Fluff the **rice** with a fork. Season with **salt** and stir in **half the green onions**. Divide **rice** between bowls and top with the **sweet and sour tofu**. Sprinkle over the **chili** and **remaining green onions**. (**NOTE:** Reference heat guide in Start Strong.)

PINEAPPLE

This tropical fruit surprisingly grows on a tree. They can be used in both savoury and sweet applications!