



DINNERLY



Low-Cal Crispy Kung Pao Tofu with Broccoli & Steamed Rice

 20-30min  2 Servings

To tofu, or not to tofu? If that's the question, we have the answer! We're crisping up tofu under the broiler for the ideal texture to soak up a splash of KUNG and a hit of PAO from this sweet and savory stir-fry sauce. Served with broccoli and jasmine rice, then sprinkled with salty peanuts, even the meat lovers at the table will be "soy" happy. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 14 oz pkg extra-firm tofu ²
- ½ lb broccoli
- 3 oz stir-fry sauce ^{2,1}
- 1 pkt Sriracha
- 1 oz salted peanuts ³

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- all-purpose flour ¹
- neutral oil

TOOLS

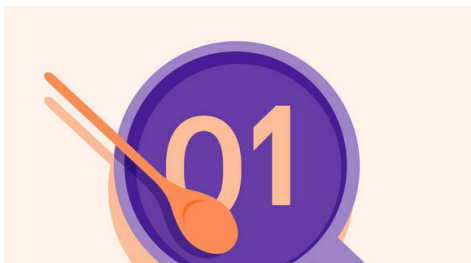
- rimmed baking sheet
- small saucepan
- medium skillet

ALLERGENS

Wheat (1), Soy (2), Peanuts (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

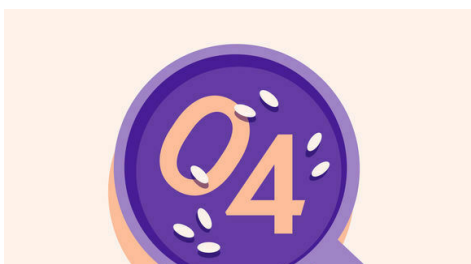
Calories 650kcal, Fat 26g, Carbs 72g, Protein 36g



1. Cook rice

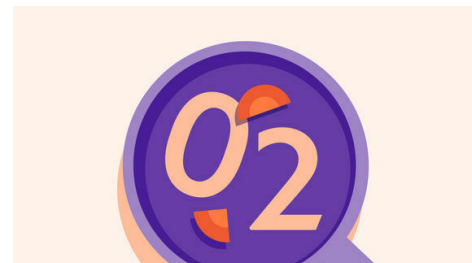
Preheat broiler with a rimmed baking sheet placed on the oven rack in the top position.

In a small saucepan, combine **rice, 1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



4. Make kung pao sauce

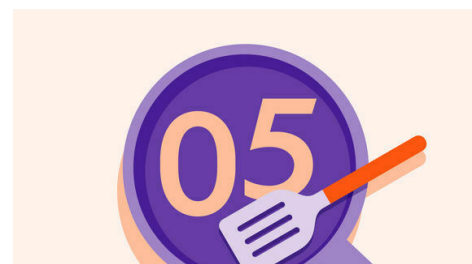
Heat **1 tablespoon oil** and **chopped garlic** in a medium skillet over medium-high. Cook, stirring, until fragrant, 1–2 minutes. Add **stir fry sauce mixture** to skillet and bring to a simmer. Cook, stirring, until slightly thickened and glossy, 2–3 minutes.



2. Prep tofu & veggies

While rice cooks, tear **tofu** into 1-inch pieces, then transfer to a paper towel-lined plate and pat dry. Finely chop **2 teaspoons garlic**. Cut **broccoli** into 1-inch florets, if necessary.

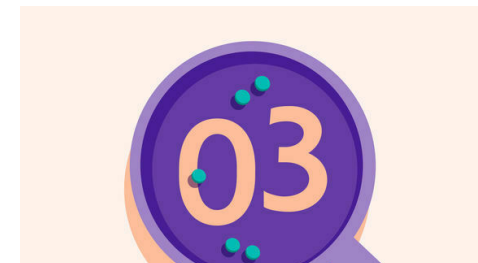
In a small bowl, whisk to combine **stir-fry sauce, Sriracha** (use less depending on heat preference), **¼ cup water**, and **2 teaspoons flour**; set aside until step 4.



5. Finish & serve

Coarsely chop **peanuts**. Add **tofu and broccoli** to skillet with **sauce**, tossing to coat.

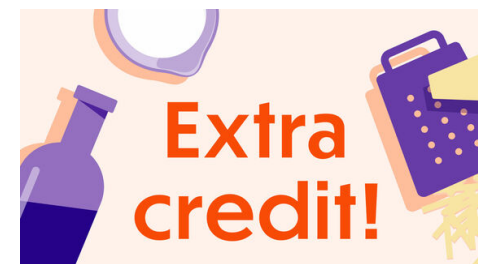
Serve **kung pao tofu and broccoli** over **rice** with **chopped peanuts** sprinkled over top. Enjoy!



3. Broil tofu & broccoli

Drizzle preheated baking sheet with **oil**. Add **tofu**, drizzle with more **oil**, and season with **salt** and **pepper**. Broil on top oven rack until browned and crisp, about 10 minutes.

Move tofu to one half of baking sheet, then add **broccoli** to open side. Drizzle with **oil**; season with **salt** and **pepper**. Broil until crisp-tender and lightly charred, about 5 minutes more.



6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are ⅓ lower when cooking with meal kits.