



Tofu-Green Bean Satay Bowl with Jasmine Rice

& Peanut Sauce



30-40min



2 Servings

If you've ever had satay at a Thai restaurant, you already know this sauce is bowl-licking good. The combination of creamy peanut butter, savory tamari, and fragrant garlic and ginger is irresistible. Here, it gives a flavor boost to protein-packed tofu and jasmine rice. Served with roasted green beans, and topped with scallions and lime for a burst of freshness, this rice bowl is a dinner-winner.

What we send

- 1 pkg extra-firm tofu ⁶
- ½ lb green beans
- 1 oz fresh ginger
- 1 lime
- 1.15 oz peanut butter ⁵
- ½ oz tamari soy sauce ⁶
- 2 scallions
- ½ oz toasted sesame oil ¹¹
- garlic
- 5 oz jasmine rice

What you need

- kosher salt & pepper
- neutral oil, such as canola
- ¼ cup sugar

Tools

- rimmed baking sheet
- large saucepan
- fine-mesh sieve
- microplane or grater
- small skillet

Allergens

Peanuts (5), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 35g, Carbs 100g, Protein 36g



1. Cook rice

Preheat broiler with rack in top position. Place a rimmed baking sheet in the oven to preheat.

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



4. Prep satay sauce

Meanwhile, finely chop **1 teaspoon garlic**. Peel **half of the ginger**, then finely chop (save rest for own use). Finely grate **½ teaspoon lime zest**, then separately squeeze **2 teaspoons lime juice** into a small bowl. Cut any remaining lime into wedges. Heat **1 tablespoon neutral oil** in small skillet over medium. Add garlic and ginger; cook, stirring, until fragrant, about 2 minutes.



2. Prep & broil tofu

Drain **tofu**; cut in half through the middle. Cut each half into 8 triangles; pat tofu dry. Transfer to a paper towel-lined plate. Drizzle preheated baking sheet generously with **neutral oil**. Carefully, add tofu, season with **salt** and **pepper**, and drizzle with more **oil**. Broil on top oven rack until browned on one side, 15 minutes. Flip, then move to one half of the baking sheet.



5. Make satay sauce

Remove skillet from heat. Stir in **peanut butter**, **tamari**, **lime juice**, and **¼ cup sugar**. Whisk in **2 tablespoons hot tap water**. Season to taste with **salt** and **pepper**. Brush **2 tablespoons of the sauce** onto **tofu**. Broil on top oven rack until sauce is browned in spots, about 1 minute (watch closely, as broilers vary).



3. Broil green beans

While **tofu** broils, trim **green beans**. After flipping tofu, transfer green beans to other half of the baking sheet, drizzle with **neutral oil**, and season with **salt** and **pepper**. Return to oven and broil on top rack until green beans are crisp-tender, 3-5 minutes (watch closely, as broilers vary). Remove from oven and keep broiler on.



6. Finish & serve

Trim **scallions**, then thinly slice. Add **lime zest**, **2 teaspoons sesame oil**, and half of the scallions to saucepan with **rice**; stir to combine. Toss remaining scallions with **green beans**. Scoop **rice** into bowls, then top with **tofu** and **green beans**. Spoon **remaining satay sauce** over top. Serve with **any lime wedges** on the side for squeezing over. Enjoy!