

# DINNERLY



## Sesame Tofu & Brown Rice with Broccoli



20-30min



2 Servings

It just A CURD to us that tofu is extremely underrated. Get it? As in, bean curd? Ok, well, you don't have to love our jokes, as long as you really love our meals. And this is one we're feeling pretty good about. We've got you covered!

## WHAT WE SEND

- 1 pkg extra-firm tofu <sup>6</sup>
- ½ lb broccoli
- 3 oz Thai sweet chili sauce
- 2 oz teriyaki sauce <sup>16</sup>
- ¼ oz pkt toasted sesame seeds <sup>11</sup>
- 5 oz quick-cooking brown rice

## WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

## TOOLS

- rimmed baking sheet
- small saucepan

## COOKING TIP

Broccoli might cook faster than the tofu, so keep a close eye on it and remove from oven if browning too quickly.

## ALLERGENS

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 680kcal, Fat 22g, Carbs 92g, Protein 35g



### 1. BROWN RICE VARIATION

Preheat oven to 450°F with a rack in the upper third. Line a rimmed baking sheet with foil and generously brush with **oil**.

Bring a small saucepan of **salted water** to a boil over high heat. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.



### 2. Drain & start tofu

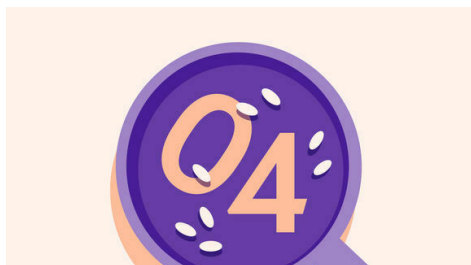
While **rice** cooks, drain **tofu**, wrap in a paper towel (or clean kitchen towel), and gently press to release excess water; cut into 1-inch cubes. Transfer to prepared baking sheet and lightly drizzle with **oil**. Bake on upper oven rack until golden-brown and edges begin to crisp, about 12–15 minutes.



### 3. Prep broccoli & sauce

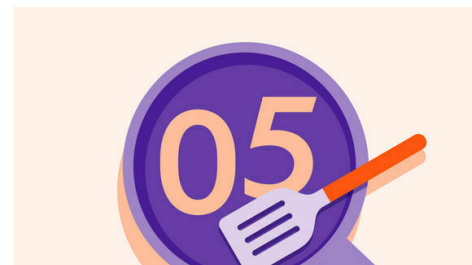
While **tofu** cooks, cut **broccoli** into ½-inch florets, if necessary. Toss in a medium bowl with **1 tablespoon oil** and a **pinch each of salt and pepper**.

In a large bowl, whisk to combine **Thai sweet chili sauce** and **teriyaki sauce**; set aside until step 5.



### 4. Cook broccoli & tofu

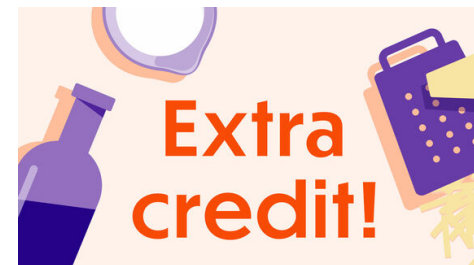
Once **tofu** has started to crisp, remove baking sheet from oven and scatter **broccoli** around. Bake on upper oven rack until tofu is crisp and easily lifts from the baking sheet, and broccoli is tender and browned in spots, 6–8 minutes.



### 5. Finish & serve

Remove **tofu and broccoli** from oven and carefully add to bowl with **teriyaki-chili sauce**; toss to combine.

Serve **tofu and broccoli** over **rice** with **some of the sesame seeds** sprinkled over top, as desired. Enjoy!



### 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.