

DINNERLY



Tofu, Kale & Edamame Macro Bowl with Tahini Dressing



30-40min



2 Servings

Delicious and nutritious—that's what this macro bowl is all about. With a healthy balance of carbs, protein, and fats, you're knocking out your daily needs in just one bowl. Garlicky carrots and tamari-massaged kale roast in the oven while fluffy quinoa and edamame are busy steaming. A generous drizzle of creamy tahini dressing ties it all together. We've got you covered!

WHAT WE SEND

- 3 oz tri-color quinoa
- 2½ oz edamame ⁶
- 2 carrots
- 1 bunch curly kale
- ½ oz tamari soy sauce ⁶
- 1 oz tahini ¹¹
- 1 pkg extra-firm tofu ⁶
- 1 oz fresh ginger

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil

TOOLS

- small saucepan
- microplane or grater
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 820kcal, Fat 50g, Carbs 53g, Protein 40g



1. Cook quinoa

Preheat oven to 425°F with a rack in the center.

In a small saucepan, combine **quinoa**, $\frac{3}{4}$ **cup water**, and $\frac{1}{2}$ **teaspoon salt**. Cover and bring to a boil. Reduce heat to a simmer and cook until water is absorbed and quinoa is tender, about 17 minutes. Off heat, add **edamame** and cover; let steam heat edamame through. Keep covered until ready to serve.



2. Roast carrots

Finely chop **1 teaspoon garlic**. Finely grate **1 teaspoon ginger**. Pat **tofu** dry and cut into 1-inch cubes. Cut **carrots** into $\frac{1}{2}$ -inch rounds.

Toss carrots and tofu on a rimmed baking sheet with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on center oven rack, 10 minutes.



3. Roast kale

Meanwhile, strip **kale leaves** from stems and tear into bite-sized pieces. In a large bowl, massage kale with **tamari**, **2 tablespoons oil**, and **a few grinds of pepper** until absorbed.

Flip **carrots** and **tofu**; push to one side of baking sheet. Add kale to open side. Roast on center oven rack until kale just starts to brown and carrots are tender, 12–15 minutes more.



4. Make dressing

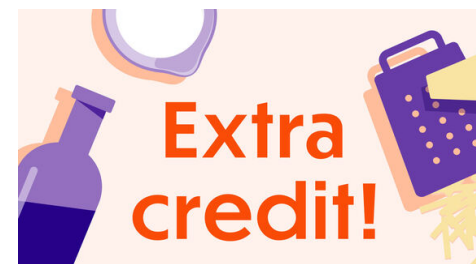
In a small bowl, combine **tahini**, **grated ginger**, $\frac{1}{2}$ **tablespoons water**, **1 tablespoon oil**, **1 teaspoon vinegar**, and **a pinch of sugar**. Whisk until combined and season to taste with **salt** and **pepper**. If too thick, whisk in **1 teaspoon water** at a time, as needed.



5. Finish & serve

Toss **carrots** and **tofu** with **chopped garlic** directly on baking sheet; return to oven and roast, 1 minute more. Fluff **quinoa** with a fork.

Serve **carrots**, **tofu**, and **kale** over **quinoa** with **tahini dressing** drizzled over top. Enjoy!



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