

# DINNERLY



## BBQ Baked Tofu with Mac & Smoky Kale

Developed by Our Registered Dietitian



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Who said comfort food can't be plant-based? Broiled tofu with caramelized barbecue sauce won't have you missing meat, and kale sautéed with smoked paprika brings the smoky flavors you crave on BBQ night. We've got you covered!

## WHAT WE SEND

- 4 oz elbow macaroni <sup>1</sup>
- ¼ oz granulated garlic
- 1 bunch curly kale
- 1 pkg extra-firm tofu <sup>6</sup>
- 2 oz shredded cheddar-jack blend <sup>7</sup>
- ¼ oz smoked paprika
- 2 oz barbecue sauce

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter <sup>7</sup>
- all-purpose flour <sup>1</sup>
- ½ cup milk <sup>7</sup>

## TOOLS

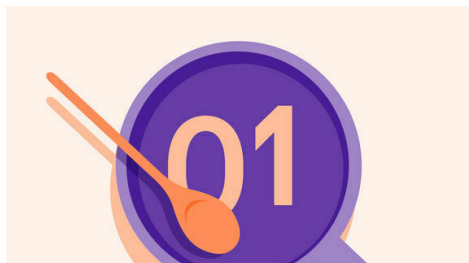
- small saucepan
- rimmed baking sheet
- large pot

## ALLERGENS

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 790kcal, Fat 36g, Carbs 69g, Protein 45g



### 1. Boil pasta

Preheat broiler with a rack in the top position.

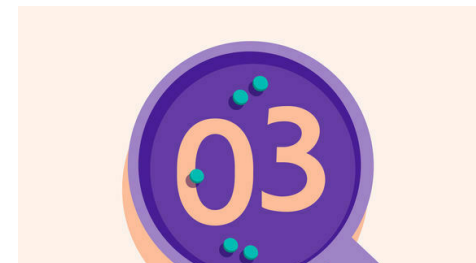
Bring a small saucepan of **salted water** to a boil. Add **pasta** and cook, stirring often to prevent sticking, until al dente, about 9 minutes. Drain pasta and set aside until step 5; reserve saucepan for step 3.



### 2. Prep kale & tofu

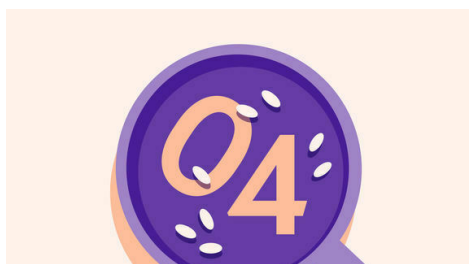
While **pasta** cooks, remove and discard tough center stems from **kale**, then tear leaves into large pieces.

Cut **tofu** into ¾-inch thick planks; pat very dry with paper towels. Transfer to a rimmed baking sheet, then brush all over with **oil** and season with **salt** and **pepper**.



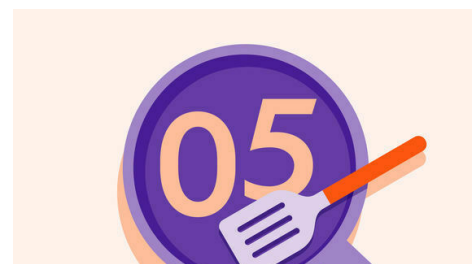
### 3. Make cheese sauce

Melt **1 tablespoon butter** in reserved saucepan over medium-high heat. Add **1 tablespoon flour** and **¼ teaspoon granulated garlic**; cook, stirring frequently, until fragrant, 30 seconds. Add **½ cup milk**; bring to a simmer, whisking to combine. Remove from heat; whisk in **cheese** until melted and season to taste with **salt** and **pepper**. Cover to keep warm off heat until step 5.



### 4. Cook kale

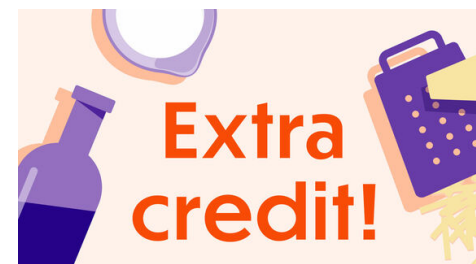
Heat **1 tablespoon oil** in a large pot over medium-high. Add **¼ teaspoon granulated garlic** and **¼ teaspoon smoked paprika**; cook, stirring, until fragrant, 15–30 seconds. Stir in **kale** and **¼ cup water**; cover and cook until tender, 5–8 minutes. Season to taste with **salt** and **pepper**. Cover to keep warm off heat.



### 5. Broil tofu & serve

While **kale** cooks, broil **tofu** on top oven rack until light golden brown, 5–7 minutes (watch closely). Remove from oven and brush with **some of the barbecue sauce**; broil until sauce is caramelized, 2–3 minutes more. Reheat **cheese sauce**, if needed; stir in **pasta**.

Serve **BBQ tofu** with **mac** and **smoky kale** alongside and **remaining barbecue sauce** drizzled over top. Enjoy!



### 6. Cheese sauce too thick?

If the cheese sauce cools too much and is too thick by step 5, stir in an additional 1–2 tablespoons milk at a time, as needed, to loosen.