

MARLEY SPOON



Buddha's Delight with Tofu

& Jasmine Rice

 20-30min  2 Servings

For a quick and healthy vegetarian meal, cast your sight to Buddha's Delight. Fragrant jasmine rice is the base for a mix of fresh vegetables and tofu steamed with fresh garlic and ginger. A savory stir-fry sauce coats the veggies while the rice soaks up the rest. Sprinkle it all with toasted sesame seeds and let the aromas entice you. While we can't guarantee enlightenment, we can guarantee a happy belly.

What we send

- 1 pkg extra-firm tofu ⁶
- 5 oz jasmine rice
- garlic
- 1 oz fresh ginger
- 4 oz mushrooms
- 1 carrot
- ½ lb broccoli
- 4 oz snap peas
- 3 oz stir-fry sauce ^{1,6}
- ¼ oz cornstarch
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar
- garlic

Tools

- small saucepan
- microplane or grater
- medium nonstick skillet

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 750kcal, Fat 26g, Carbs 96g, Protein 33g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Prep tofu & cook rice

Drain **tofu**, then cut into 1-inch cubes. Drain well on paper towels.

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. Make sauce

Meanwhile, in a small bowl, stir to combine **stir-fry sauce**, **cornstarch**, **¼ cup water**, and **¼ teaspoon vinegar**.



2. Prep veggies

Meanwhile, finely grate **1 teaspoon each of garlic and ginger**.

Quarter **mushrooms**. Cut **carrots** on an angle into ¼-inch thick pieces.

Cut **broccoli** florets, if necessary. Trim **snap peas**, if desired.



5. Finish veggies

Uncover skillet and increase heat to medium-high. Add **sauce** and cook, stirring, until **veggies** and **tofu** are nicely coated and sauce is thickened, 1–3 minutes. Season to taste with **salt** and **pepper**. Reduce heat to low to keep warm until the **rice** is ready. If sauce is too thick, thin with **water**, 1 tablespoon at a time.



3. Cook tofu & veggies

Heat **2 tablespoons oil** in medium nonstick skillet over medium-high. Add **tofu** and cook until golden brown on one side, 2–4 minutes.

Add **veggies** and cook, stirring occasionally, until veggies begin to turn bright green, 2–3 minutes.

Add **grated ginger and garlic** and **¼ cup water**. Cover skillet and reduce heat to medium; steam veggies until crisp tender, 2–5 minutes more.



6. Finish & serve

Fluff **rice** with a fork and spoon onto plates; top with **veggies and tofu**. Garnish with **sesame seeds**. Enjoy!