



NO ADDED DAIRY  
NO ADDED GLUTEN

## Tofu Satay Bowl & Peanut Sauce

with Brown Rice & Green Beans



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 hearty brown 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

- 5 oz quick-cook brown rice
- 1 pkg extra-firm tofu <sup>6</sup>
- ½ lb green beans
- garlic (use 1 large clove)
- 1 oz fresh ginger (use half)
- 1 lime
- 1½ oz pkt peanut butter <sup>5</sup>
- ½ oz tamari in pod <sup>6</sup>
- 1 oz scallions
- ½ oz toasted sesame oil <sup>11</sup>

## What you need

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

## Tools

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

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### 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 810kcal, Fat 37g, Carbs 91g, Proteins 38g



### 1. Cook rice

Preheat broiler with top rack 6 inches from heat source; place a rimmed baking sheet in the oven to preheat. Bring a large saucepan of **salted water** to a boil. Add **rice** and boil (like pasta) stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve; return to saucepan and cover to keep warm.



### 4. Prep satay sauce

Meanwhile, peel and finely chop **1 teaspoon garlic**. Peel **half of the ginger**, then finely chop. Finely zest **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 of the 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!