

# MARLEY SPOON



## Tofu Bibimbap Bowl

with Sesame Spinach & Pickled Carrots



30-40min



2 Servings

Bibimbap is a Korean classic that features various flavorful ingredients served atop of a bowl of warm rice. For our protein-rich version, we top fluffy jasmine rice with broiled marinated tofu, garlicky sautéed baby spinach, and tangy, quick-pickled carrots. A sprinkle of sesame seeds and a drizzle of Sriracha tie the dish together.

## What we send

- 1 pkg extra-firm tofu <sup>6</sup>
- garlic (use 2 large cloves)
- 2 tamari pods <sup>6</sup>
- 5 oz jasmine rice
- 1 carrot
- 1 oz scallions
- 5 oz baby spinach
- toasted sesame seeds <sup>11</sup>
- 2 pkts Sriracha <sup>17</sup>

## What you need

- sugar
- neutral oil
- kosher salt & pepper
- apple cider vinegar (or white wine vinegar)

## Tools

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

## Allergens

Soy (6), Sesame (11), Sulphites (17).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 710kcal, Fat 32g, Carbs 73g, Protein 33g



### 1. Marinate tofu

Drain **tofu**, then cut into 1-inch cubes. Drain on paper towels. Peel and finely chop **2 teaspoons garlic**. In a medium bowl, combine **all of the tamari, 1 teaspoon garlic, 2 teaspoons sugar, and 1 tablespoon oil**, whisking until sugar is dissolved. Transfer tofu to bowl, then toss very gently to combine.



### 4. Broil tofu

Preheat broiler with rack in center position. Generously **oil** a rimmed baking sheet. Lift **tofu** out of marinade, then arrange on prepared baking sheet. Season with **salt and pepper**. (Save marinade). Broil until browned in spots, 10-15 minutes (watch closely, as broilers vary). Pour marinade over tofu.



### 2. Cook rice

Rinse **rice** in a fine-mesh sieve until the water runs clear. Add to small saucepan along with **1 1/4 cups water** and **1/2 teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Remove from heat and keep covered until ready to serve.



### 5. Sauté spinach

Heat **2 teaspoons oil** in a medium skillet over medium. Add **remaining garlic** to skillet, then cook until fragrant, about 30 seconds. Add **spinach** and **1 teaspoon sesame seeds** to skillet, then cook until spinach has wilted, about 2 minutes. Remove skillet from heat; season spinach to taste with **salt and pepper**.



### 3. Pickle carrot

Scrub **carrot**, then coarsely grate on the large holes of a box grater. Trim **scallions**, then thinly slice. In a medium bowl, combine **1 tablespoon vinegar, 1/4 teaspoon sugar, a pinch of salt, and 1 tablespoon oil**. Transfer carrots and half of scallions to bowl, stirring to combine. Set aside until step 6.



### 6. Finish & serve

Fluff **rice** with a fork, then stir in **remaining sliced scallions**. Transfer to bowls. Top with **tofu and any marinade**, pickled **carrots**, and **sesame spinach**. Sprinkle with **more sesame seeds** and drizzle with **Sriracha**. Enjoy!