



Plant-Based: Tahini-Tofu Grain Bowl

with Snap Peas & Grape Tomatoes



30-40min



2 Servings

Let's talk about tofu. First, what is it? To put it simply, it's bean curd. How is it made? Coagulated soy milk is compressed to squeeze out moisture, the result is a silky block of tofu. Why is it so good? It's a protein packed food with a neutral taste that is perfect for soaking up flavors like a nutty tahini dressing.

What we send

- 5 oz quick-cooking brown rice
- 3 oz tri-color quinoa
- garlic
- 1 lemon
- 1 oz tahini ¹¹
- 1 container grape tomatoes
- 1 cucumber
- 4 oz snap peas
- 14 oz extra-firm tofu ⁶

What you need

- kosher salt & ground pepper
- olive oil

Tools

- large saucepan
- fine-mesh sieve
- microplane or grater
- medium nonstick 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

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

Nutrition per serving

Calories 930kcal, Fat 48g, Carbs 100g, Proteins 30g



1. Cook grains

Bring a large saucepan of **salted water** to a boil. Add **rice** and boil for 7 minutes, then add **½ cup quinoa** and boil both rice and quinoa together until tender, about 17 minutes more. Drain through a fine-mesh sieve and return to saucepan.



4. Prep veggies

Cut **half of the tomatoes** in half (save rest for own use) and transfer to a small bowl. Trim ends from **cucumber** (peel if desired), then cut into ¼-inch pieces. Add cucumbers to tomatoes. Stir in **½ teaspoon of the reserved lemon dressing** and season with **a pinch each salt and pepper**. Trim ends from **snap peas**, then thinly slice on an angle.



2. Prep dressing

While **grains** cook, finely grate **½ teaspoon garlic**. Into a small bowl, grate **¼ teaspoon lemon zest** and squeeze **2 tablespoons lemon juice**. Add **2 tablespoons oil** and ¼ teaspoon of the garlic; whisk to combine. Reserve 1 tablespoon of the lemon dressing in a small bowl and set aside for steps 4 and 6.



5. Cook tofu

Cut **half of the tofu** into ½-inch cubes (save rest for own use) and gently pat dry. Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high heat until shimmering. Add tofu, season with **salt**, and cook until golden, turning occasionally, about 8 minutes. Add **snap peas** and **remaining ¼ teaspoon garlic** and cook, about 1 minute.



3. Make tahini sauce

Into bowl with **remaining 3 tablespoons lemon dressing**, whisk **tahini** and **2 tablespoons water** until smooth. Sauce will thicken as you stir.



6. Finish & serve

Stir **remaining lemon dressing** into **grains**. Serve **grains** topped with **tofu**, **snap peas**, **tomato-cucumber mixture**, and **a drizzle of tahini sauce**. Enjoy!