



Coconut Tofu Buddha Bowl

with Peanut Dressing & Fried Shallots



30-40min



2 Servings

Vegan by design, but free-spirit by nature. Buddha bowls are one of our dinner go-to's with a general formula of grains, proteins, and vegetables. But there are no spoken-by-the-Buddha recipe rules. We combine fresh veggies, brown rice, and protein-packed tofu with tangy peanut sauce. We top off this bowl with fresh cilantro, shredded coconut, and crispy shallots for the spiritual lift your tastebuds need.

What we send

- 5 oz quick-cook brown rice
- 14 oz extra-firm tofu ⁶
- ¼ oz fresh cilantro
- 1 shallot
- 1 oz fresh ginger
- 2 (½ oz) shredded coconut ¹⁵
- 4 oz carrot
- 1 cucumber
- 1 pkt chili garlic sauce ¹⁷
- 2 pkts peanut butter ⁵

What you need

- neutral oil
- kosher salt
- white wine vinegar (or apple cider vinegar) ¹⁷
- sugar

Tools

- medium saucepan
- fine-mesh sieve
- medium nonstick skillet
- box grater

Allergens

Peanuts (5), Soy (6), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 870kcal, Fat 46g, Carbs 90g, Proteins 28g



1. Boil rice & prep tofu

Fill a medium saucepan with **6 cups water** and bring to a boil. Add **rice** and cook (like pasta), stirring occasionally, until tender, 18-22 minutes. Drain, return to pot, and cover to keep warm. Drain **tofu**; cut in half lengthwise. Cut half of the tofu (save rest) crosswise into 6 slices to make 6 squares. Cut each square diagonally to make 12 triangles total. Drain on paper towels.



4. Prep vegetables & sauce

Coarsely grate **carrot** into a small bowl and toss with **1 teaspoon each of the shallot oil and vinegar**; season with **salt**. Peel **cucumber**, halve lengthwise, and thinly slice into half-moons. In a second small bowl, combine the **chili garlic sauce**, **all of the peanut butter**, **½ cup water**, **1 tablespoon vinegar**, **1½ teaspoons sugar**, and **½ teaspoon salt**.



2. Prep topping

While **rice** cooks, finely chop **cilantro stems**; keep **leaves** whole. Thinly slice **shallot**, separating into rings. Peel and finely chop **1 tablespoon ginger**. Add **coconut** to a medium nonstick skillet and cook over medium heat, stirring, until coconut is golden, about 2 minutes (watch closely). Transfer to a plate.



5. Fry tofu

Heat **2 tablespoons shallot oil** in reserved skillet over medium-high until shimmering. Carefully add **tofu**, season with **salt**, and cook, turning occasionally, until golden, 5-8 minutes. Transfer to a plate.



3. Fry shallot, make topping

Heat **⅓-inch oil** in same skillet over medium-high until shimmering. Add **shallot rings** and cook, stirring, until golden, 3-5 minutes (watch closely). Carefully strain **shallot oil** into a heatproof bowl (reserve shallot oil for steps 4-6). Transfer leftover fried shallots to plate with **coconut**. Add **cilantro stems** and **a pinch of salt**; toss to combine. Reserve skillet.



6. Make dressing & serve

Add **1 tablespoon shallot oil** and **chopped ginger** to same skillet; cook over medium heat, stirring, until fragrant, 30 seconds. Stir in **sauce**; bring to a simmer. Cook until slightly thickened, 1-3 minutes. Spoon **rice** into bowls, top with **carrots**, **cucumbers**, and **tofu**, and drizzle with **dressing**. Garnish with **cilantro leaves** and **crispy shallot topping**. Enjoy!