



Cauliflower Rice Tofu Bibimbap

with Sesame Spinach



30-40min



2 Servings

| We made this recipe carb conscious by customizing with cauliflower.

What we send

- 1 pkg extra-firm tofu ⁶
- garlic
- 2 (½ oz) tamari ⁶
- 1 carrot
- 1 bunch scallions
- 5 oz baby spinach
- ¼ oz pkt toasted sesame seeds ¹¹
- 2 pkts Sriracha
- 1 head cauliflower

What you need

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

Tools

- small saucepan
- medium nonstick skillet
- box grater
- rimmed baking sheet

Cooking tip

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Allergens

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

Nutrition per serving

Calories 580kcal, Fat 41g, Carbs 29g, Protein 33g



1. Marinate tofu

Preheat broiler with a rack in the center. Drain **tofu**, then cut into 1-inch cubes. Drain well on paper towels. Finely chop **2 teaspoons garlic**. In a medium bowl, combine **all of the tamari**, **1 teaspoon of the garlic**, **1 tablespoon oil**, and **2 teaspoons sugar**, whisking until sugar is dissolved. Transfer tofu to bowl and toss very gently to coat.



4. Broil tofu

Generously **oil** a rimmed baking sheet. Lift **tofu** from **marinade** and arrange on prepared baking sheet; reserve marinade. Season tofu with **salt** and **pepper**. Broil on center oven rack until browned in spots, 10-15 minutes (watch closely as broilers vary). Remove from oven and carefully pour reserved marinade over tofu.



2. Cook rice

Holding the stem end, grate one half of the **cauliflower** (save rest for own use), creating small bits that resemble rice.

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Transfer to a bowl; cover and set aside. Wipe out skillet and reserve for step 5.



5. Sauté spinach

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



3. Pickle carrots

Scrub and coarsely grate **carrot**. Trim **scallions**, then thinly slice about ¼ cup. In a medium bowl, whisk to combine **1 tablespoon each of oil and vinegar**, **¼ teaspoon sugar**, and a **pinch of salt**. Add carrots and half of the scallions to bowl, stirring to combine. Set aside until ready to serve.



6. Finish & serve

Fluff **rice** with a fork, then stir in **remaining sliced scallions**. Serve **scallion rice** topped with **tofu** and **any marinade**, **sesame spinach**, and **pickled carrots**. Sprinkle **remaining sesame seeds** over top and drizzle with **Sriracha**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com     **#marthaandmarleyspoon**