



## Tofu & Green Bean Satay Bowl with Quinoa

& Peanut Sauce



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 quinoa. 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

- 1 pkg extra-firm tofu <sup>6</sup>
- ½ lb green beans
- 1 oz fresh ginger
- 1 lime
- 1.15 oz peanut butter <sup>5</sup>
- ½ oz tamari soy sauce <sup>6</sup>
- 2 scallions
- ½ oz toasted sesame oil <sup>11</sup>
- garlic
- 3 oz white quinoa

## What you need

- kosher salt & pepper
- neutral oil, such as canola
- ¼ cup sugar

## Tools

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

## 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 740kcal, Fat 38g, Carbs 69g, Protein 37g



### 1. QUINOA VARIATION

Preheat broiler with rack in top position. Place a rimmed baking sheet in the oven to preheat.

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Remove from heat. Keep covered until ready to serve.



### 4. Prep satay sauce

Meanwhile, finely chop **1 teaspoon garlic**. Peel **half of the ginger**, then finely chop (save rest for own use). Finely grate **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 sesame oil**, and half of the scallions to saucepan with **quinoa**; stir to combine. Toss remaining scallions with **green beans**. Scoop **quinoa** 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!