



FAST

ONE POT

Harissa-Spiced Tofu Pita Wrap

with Tomato-Cucumber Salad



20-30min



2 Servings

Harissa is a slightly spicy and super aromatic chile spice blend that is popularly used in North African and Middle Eastern cooking. The spice blend varies, but usually contains a mixture of red chile peppers, garlic, and spices, like cumin and coriander.

What we send

- red onion
- fresh mint
- cucumber
- Greek yogurt ⁷
- extra-firm tofu ⁶
- harissa spice blend
- tomatoes on the vine
- Mediterranean pitas ^{1,6,11}
- garlic

What you need

- apple cider vinegar
- kosher salt & ground pepper

Tools

- rimmed baking sheet

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

Wheat (1), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 48g, Carbs 51g, Proteins 37g



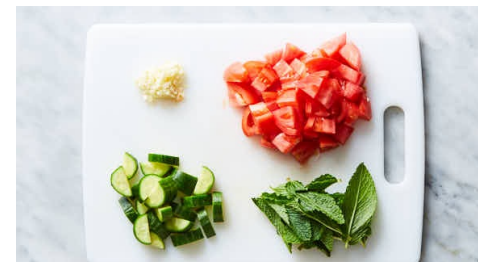
1. Prep tofu & onion

Preheat oven to 450°F with rack in upper third. Gently squeeze **tofu** over a large bowl like a big sponge to release some of the liquid (it's okay if it tears or cracks a little). Discard any liquid. Cut or tear the tofu into 1-inch pieces. Transfer to a paper-towel lined plate to drain. Peel **onion**, then cut into ¼-inch wedges through the root end.



2. Roast tofu & onion

In same bowl, whisk **1 tablespoon of the harissa spice**, **¼ cup oil**, **½ teaspoon salt**, and **a few grinds of pepper**. Add **tofu** and **onions**, stirring gently to coat. Transfer to rimmed baking sheet. Roast in the upper third of the oven until tofu and onions are browned in spots, stirring once halfway through, 15 minutes. Remove from oven. Season with **salt** and **pepper**.



3. Prep ingredients

Meanwhile, peel and finely chop **½ teaspoon garlic**. Trim ends from **cucumber**, then halve lengthwise and cut into ¼-inch thick half-moons. Core **tomato**, then cut into ¼-inch pieces. Pick **mint leaves** from stems, then discard stems.



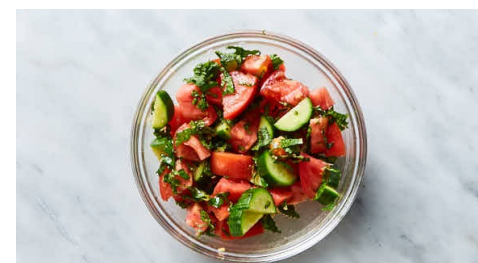
4. Make salad & garlic sauce

In a medium bowl, whisk **2 teaspoons vinegar** with **1 tablespoon oil**. Add **tomatoes** and **cucumbers**, then toss with **a pinch each salt and pepper**. In a small bowl, combine **garlic** and **yogurt**. Stir in **1 teaspoon each oil and water**, then season to taste with **salt** and **pepper**. Let sit until step 6.



5. Toast pita

Preheat broiler with rack 6 inches from heat source. Broil **tofu** and **onions** until deeply browned in spots, about 5 minutes. Brush **pitas** with **oil**. Remove tofu and onions from oven. Place pitas directly on oven rack and broil until lightly browned on both sides, about 1 minute per side. (Watch closely, as broilers vary.)



6. Finish & serve

Coarsely chop **half of the mint**, then add to **tomatoes** and **cucumbers**, and season to taste with **salt** and **pepper**. Serve **tofu** and **onions** with **garlicky yogurt**, **warm pita**, and **tomato-cucumber salad**, then garnish with **remaining mint**. Enjoy!