



Oven-Baked Teriyaki Tofu Balls

with Brown Rice, Sesame & Snow Peas



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 packed with protein, and has a neutral taste that is perfect for soaking up flavors like ginger, scallions, and sweet and savory teriyaki sauce.

What we send

- tofu ⁶
- teriyaki sauce ^{1,6}
- quick-cooking brown rice
- fresh cilantro
- scallions
- toasted sesame seeds ¹¹
- fresh ginger
- garlic
- snow peas

What you need

- all-purpose flour ¹
- apple cider vinegar
- kosher salt & ground pepper
- sugar

Tools

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

Allergens

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

Nutrition per serving

Calories 610kcal, Fat 17g, Carbs 95g, Protein 24g



1. Make rice

Preheat oven to 450°F with a rack in the upper third. Bring a medium saucepan of **salted water** to a boil. Add **rice** to boiling water and cook uncovered (like pasta), over high heat until tender, 20-25 minutes. Drain rice well, return to saucepan, and cover to keep warm.



4. Make snow peas

While **tofu balls** bake, trim and discard ends from **snow peas**, then thinly slice lengthwise. In a medium bowl, whisk **1 teaspoon vinegar** with **1 tablespoon oil**. Add snow peas, stir together, and season to taste with **salt** and **pepper**.



2. Prep ingredients

Drain **tofu**, pat dry, and cut in half. Grate one half of the tofu on the large holes of a box grater (save rest for own use). Peel and finely chop **half of the ginger** and **1 teaspoon garlic**. Trim ends from **scallions**, then finely chop. Coarsely chop **cilantro leaves and stems** together. Line a rimmed baking sheet with lightly **oiled** parchment paper or foil.



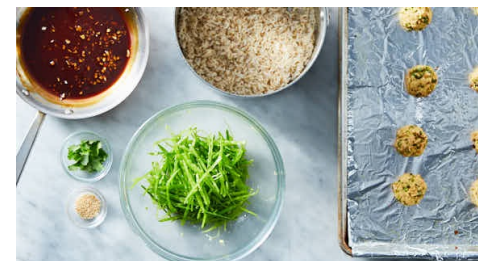
5. Make sauce

In a small skillet, stir together **teriyaki sauce**, **remaining garlic and ginger**, **1 tablespoon vinegar**, **2 tablespoons sugar**, and **1 teaspoon flour**. Bring to a simmer. Cook over medium heat, stirring, until slightly thickened, about 2 minutes.



3. Bake tofu balls

In a medium bowl, combine **grated tofu**, **chopped scallions and cilantro**, **half of the chopped garlic and ginger**, **1½ teaspoons of the sesame seeds**, **3 tablespoons flour** and **½ teaspoon salt**. Form into 8 (2-inch) balls and place on the prepared baking sheet. Brush lightly with **oil**. Bake on upper oven rack until golden-brown and firm to the touch, about 20 minutes.



6. Finish & serve

Transfer **tofu balls** to plates, drizzle with **sauce**, and sprinkle with **remaining sesame seeds**. Serve **tofu balls** with **rice** and **snow peas** alongside. Enjoy!