

DINNERLY



Tofu, Kale & Edamame Macro Bowl with Tahini Dressing

 30-40min  2 Servings

Delicious and nutritious—that's what this macro bowl is all about. With a healthy balance of carbs, protein, and fats, you're knocking out your daily needs in just one bowl. Garlicky carrots and tamari-massaged kale roast in the oven while fluffy quinoa and edamame are busy steaming. A generous drizzle of creamy tahini dressing ties it all together. We've got you covered!

WHAT WE SEND

- 3 oz tri-color quinoa
- 2½ oz edamame ⁶
- 2 carrots
- 1 bunch curly kale
- ½ oz tamari soy sauce ⁶
- 1 oz tahini ¹¹
- 1 pkg extra-firm tofu ⁶
- 1 oz fresh ginger

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil

TOOLS

- small saucepan
- microplane or grater
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 820kcal, Fat 49g, Carbs 53g, Protein 40g



1. Cook quinoa

Preheat oven to 425°F with a rack in the center.

In a small saucepan, combine **quinoa**, $\frac{3}{4}$ **cup water**, and $\frac{1}{2}$ **teaspoon salt**. Cover and bring to a boil. Reduce heat to a simmer and cook until water is absorbed and quinoa is tender, about 17 minutes. Off heat, add **edamame** and cover; let steam heat edamame through. Keep covered until ready to serve.



4. Make dressing

In a small bowl, combine **tahini**, **grated ginger**, $\frac{1}{2}$ **tablespoons water**, **1 tablespoon oil**, **1 teaspoon vinegar**, and **a pinch of sugar**. Whisk until combined and season to taste with **salt** and **pepper**. If too thick, whisk in **1 teaspoon water** at a time, as needed.



2. Roast carrots

Finely chop **1 teaspoon garlic**. Finely grate **1 teaspoon ginger**. Pat **tofu** dry and cut into 1-inch cubes. Cut **carrots** into $\frac{1}{2}$ -inch rounds.

Toss carrots and tofu on a rimmed baking sheet with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on center oven rack, 10 minutes.



5. Finish & serve

Toss **carrots** and **tofu** with **chopped garlic** directly on baking sheet; return to oven and roast, 1 minute more. Fluff **quinoa** with a fork.

Serve **carrots**, **tofu**, and **kale** over **quinoa** with **tahini dressing** drizzled over top. Enjoy!



3. Roast kale

Meanwhile, strip **kale leaves** from stems and tear into bite-sized pieces. In a large bowl, massage kale with **tamari**, **2 tablespoons oil**, and **a few grinds of pepper** until absorbed.

Flip **carrots** and **tofu**; push to one side of baking sheet. Add kale to open side. Roast on center oven rack until kale just starts to brown and carrots are tender, 12–15 minutes more.



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