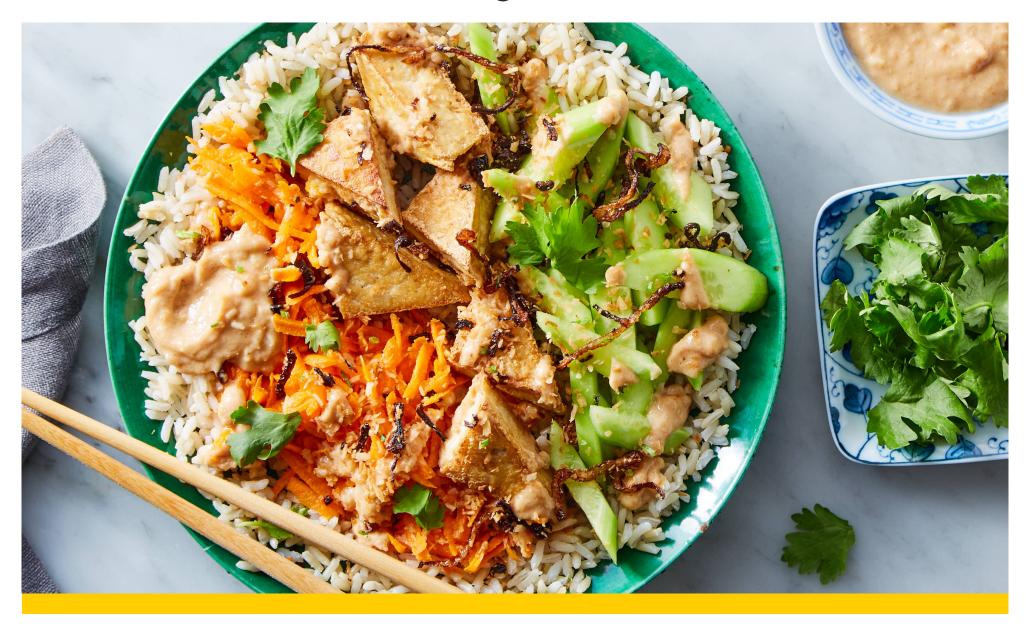
# MARLEY SPOON



## **Coconut Tofu Buddha Bowl**

with Peanut Dressing & Fried Shallots





Vegan by design, but free-spirit by nature. Buddha bowls are one of our dinner go-to's with a general formula of grains, proteins, and vegetables. But there are no spoken-by-the-Buddha recipe rules. We combine fresh veggies, brown rice, and protein-packed tofu with tangy peanut sauce. We top off this bowl with fresh cilantro, shredded coconut, and crispy shallots for the spiritual lift your tastebuds need.

#### What we send

- 5 oz brown rice
- 1 pkg extra-firm tofu <sup>6</sup>
- 1/4 oz fresh cilantro
- 1 shallot
- 1 oz fresh ginger
- 2 (½ oz) unsweetened shredded coconut <sup>15</sup>
- 1 carrot
- 1 cucumber
- ½ oz chili garlic sauce
- 2 (1.15 oz) peanut butter  $^5$

## What you need

- neutral oil
- kosher salt
- white wine vinegar (or apple cider vinegar) <sup>17</sup>
- sugar

### **Tools**

- medium saucepan
- · fine-mesh sieve
- · medium nonstick skillet
- box grater

#### Allergens

Peanuts (5), Soy (6), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### **Nutrition per serving**

Calories 870kcal, Fat 47g, Carbs 90g, Protein 28g



## 1. Boil rice & prep tofu

Fill a medium saucepan with **6 cups** water and bring to a boil. Add rice and cook (like pasta), stirring occasionally, until tender, 18-22 minutes. Drain, return to pot, and cover to keep warm. Drain tofu; cut in half lengthwise. Cut half of the tofu (save rest) crosswise into 6 slices to make 6 squares. Cut each square diagonally to make 12 triangles total. Drain on paper towels.



## 2. Prep topping

While **rice** cooks, finely chop **cilantro stems**; keep **leaves** whole. Thinly slice **shallot**, separating into rings. Peel and finely chop **1 tablespoon ginger**. Add **coconut** to a medium nonstick skillet and cook over medium heat, stirring, until coconut is golden, about 2 minutes (watch closely). Transfer to a plate.



## 3. Fry shallot, make topping

Heat 1/6-inch oil in same skillet over medium-high until shimmering. Add shallot rings and cook, stirring, until golden, 3-5 minutes (watch closely). Carefully strain shallot oil into a heatproof bowl (reserve shallot oil for steps 4-6). Transfer leftover fried shallots to plate with coconut. Add cilantro stems and a pinch of salt; toss to combine. Reserve skillet.



## 4. Prep vegetables & sauce

Coarsely grate **carrot** into a small bowl and toss with **1 teaspoon each of the shallot oil and vinegar**; season with **salt**. Peel **cucumber**, halve lengthwise, and thinly slice into half-moons. In a second small bowl, combine the **chili garlic** sauce, all of the peanut butter, ½ cup water, **1 tablespoon vinegar**, **1½** teaspoons sugar, and ½ teaspoon salt



5. Fry tofu

Heat **2 tablespoons shallot oil** in reserved skillet over medium-high until shimmering. Carefully add **tofu**, season with **salt**, and cook, turning occasionally, until golden, 5–8 minutes. Transfer to a plate.



6. Make dressing & serve

Add 1 tablespoon shallot oil and chopped ginger to same skillet; cook over medium heat, stirring, until fragrant, 30 seconds. Stir in sauce; bring to a simmer. Cook until slightly thickened, 1-3 minutes. Spoon rice into bowls, top with carrots, cucumbers, and tofu, and drizzle with dressing. Garnish with cilantro leaves and crispy shallot topping. Enjoy!