

DINNERLY



Low-Cal Crispy Honey Garlic Tofu with Jasmine Rice



30-40min



2 Servings

Do opposites really attract? According to this sweet and savory dish, the answer is yes. We're baking tofu til it's crisp and green beans til they're tender, then they're tossed in a quick, homemade sauce that's honestly iconic. Honey, granulated garlic, tamari, and vinegar come together to create a flavor powerhouse. We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 pkg extra-firm tofu ²
- ½ lb green beans
- ¼ oz granulated garlic
- 2 (½ oz) honey
- 2 oz tamari soy sauce ²
- ¼ oz pkt toasted sesame seeds ¹

WHAT YOU NEED

- kosher salt
- neutral oil
- balsamic vinegar (or apple cider vinegar)
- all-purpose flour (or gluten-free alternative)

TOOLS

- small saucepan
- rimmed baking sheet
- small skillet

ALLERGENS

Sesame (1), Soy (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 620kcal, Fat 15g, Carbs 85g, Protein 36g



1. Cook rice

Preheat oven to 450°F with a rack in the upper third.

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**; bring to a boil over high heat. Cover, reduce heat to low, and cook until rice is tender and water is absorbed, about 17 minutes. Set aside until ready to serve.



2. Drain & start tofu

Line a rimmed baking sheet with parchment or foil; generously brush with **oil**. Drain **tofu** and cut in half lengthwise. Cut crosswise into 4 slices to make 8 squares. Cut each square diagonally to make 16 triangles. Pat dry with paper towels.

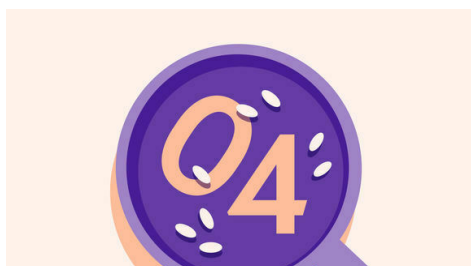
Transfer to prepared baking sheet and lightly drizzle with **oil**. Bake on upper oven rack until golden and edges begin to crisp, 12–15 minutes.



3. Prep green beans & sauce

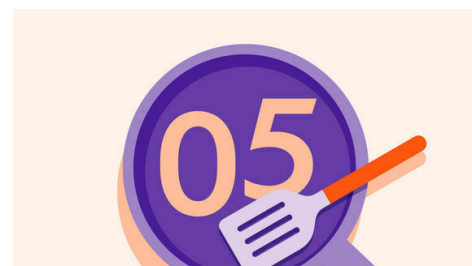
While **tofu** cooks, trim stem ends from **green beans** and cut into 2-inch pieces.

In a small skillet, whisk to combine **½ teaspoon granulated garlic**, **all of the honey**, **tamari**, **¼ cup water**, **1 tablespoon vinegar**, and **2 teaspoons flour**; set aside until step 5.



4. Add green beans

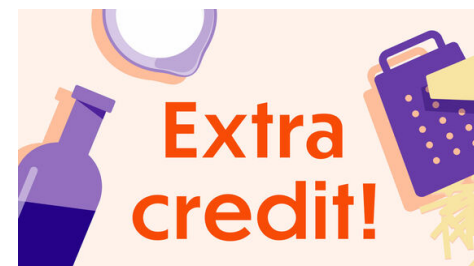
Once **tofu** has started to crisp, flip and push to one side of baking sheet. Add **green beans** to open side; drizzle with **oil** and sprinkle with **salt**. Bake on upper oven rack until tofu is crisp and easily lifts from baking sheet, and green beans are tender and browned in spots, 10–15 minutes more.



5. Finish & serve

Set skillet with **sauce** over medium-high heat and bring to a simmer. Cook, stirring, until slightly thickened and glossy, 1–2 minutes. Pour over cooked **green beans** and **tofu** directly on baking sheet; toss to combine.

Serve **crispy honey garlic tofu** over **rice** with **sesame seeds** sprinkled over top. Enjoy!



6. Did you know?

All of our sites in the US will be running on renewable energy in 2022.