



Carb Smart Tofu Bulgur Bowls

with DIY Jalapeño-Ranch Dressing

Smart Meal

Spicy

35 Minutes



Tofu
1 | 2



Bulgur Wheat
½ cup | 1 cup



Smoked Paprika-Garlic Blend
1 tbsp | 2 tbsp



Tomato
1 | 2



Lemon
1 | 2



Parsley
7 g | 14 g



Garlic, cloves
1 | 2



Jalapeño
1 | 2



Mayonnaise
2 tbsp | 4 tbsp



Sour Cream
1 | 2



Baby Spinach
56 g | 113 g

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Service Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Visa by PINE™NO Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Ingredient quantities **56 g** | **113 g**
2 person | 4 person

1



Cook bulgur

- Before starting, preheat the oven to 450 °F.
- Wash and dry all produce.
- **Garlic Guide for Step 4:**
 - Mild: ¼ tsp (¼ tsp) • Medium: ¼ tsp (½ tsp)
 - Extra: ½ tsp (1 tsp)
- **Heat Guide for Step 4:**
 - Mild: ½ tbsp (1 tbsp) • Medium: 1 tbsp (2 tbsp)
 - Spicy: 1 ½ tbsp (3 tbsp) • Extra: 2 tbsp (4 tbsp)

- Add ¾ cup (1 ½ cups) **water** and ½ tsp (1 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min. Fluff with a fork.

2



Cook tofu

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, pat **tofu** dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season with **salt**, **pepper** and **Smoked Paprika-Garlic Blend**.
- When hot, add ½ **tbsp oil**, then **tofu**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed, using ½ **tbsp oil** per batch.) Cook until golden, 2-3 min per side.
- Transfer to a parchment-lined baking sheet.
- Bake **tofu** in the **middle** of the oven until golden, 12-14 min.

3



Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Finely chop **parsley**.
- Peel, then mince or grate **garlic**.
- Core, then finely chop **jalapeño**, removing **seeds** for less heat. (**TIP:** We suggest using gloves when prepping jalapeños!)

4



Make jalapeño-ranch dressing

- Add **mayo**, **sour cream**, **half the parsley**, **1 tsp** (2 tsp) **lemon juice**, ¼ **tsp** (½ tsp) **sugar**, ¼ **tsp** (½ tsp) **garlic** and **1 ½ tbsp** (3 **tbsp**) **jalapeños** to a small bowl. (**NOTE:** Reference garlic and heat guides.)
- Season with **salt** and **pepper**, then stir to combine.

5



Finish bulgur and make salad

- Add **lemon zest** and **remaining parsley** to the pot with **bulgur**. Season with **pepper**, then fluff with a fork to combine.
- Add **2 tsp** (4 **tsp**) **lemon juice** and **2 tbsp** (4 **tbsp**) **oil** to a large bowl. (**TIP:** Add ¼ **tsp** [½ **tsp**] **sugar**, if desired.)
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach** and **tomatoes** to the large bowl with **vinaigrette**, then toss to combine.

6



Finish and serve

- Thinly slice **tofu**.
- Add **bulgur** to the bowl with **salad**, then toss to combine.
- Divide **bulgur salad** between bowls. Top with **tofu**.
- Drizzle with **jalapeño-ranch dressing**.
- Squeeze a **lemon wedge** over top and sprinkle with **any remaining jalapeños**, if desired.