



BAKED BUFFALO TOFU BITES

with Roast Potato Wedges and Green Beans

SPICY

VEGGIE



HELLO TOFU

Similar to cheese, tofu can be used in sweet and savoury dishes and can come in different textures!

TIME: 35 MIN



Extra-Firm Tofu



Hot Sauce



Yellow Potato



Green Beans



Garlic Salt



Sour Cream



Chives



Mayonnaise

BUST OUT

- Small Pan
- Parchment Paper
- Measuring Spoons
- Large Non-Stick Pan
- 2 Baking Sheets
- Small Bowl
- Paper Towel
- Medium Bowl
- Unsalted Butter **2** ($\frac{1}{2}$ tbsp | 1 tbsp)
- Salt and Pepper
- Olive or Canola Oil

INGREDIENTS

2-person | 4-person

- Extra-Firm Tofu **4** 350 g | 700 g
- Hot Sauce **1** 2 tbsp | 4 tbsp
- Yellow Potato 400 g | 800 g
- Green Beans 170 g | 340 g
- Garlic Salt $\frac{1}{2}$ tsp | 1 tsp
- Sour Cream **2** 6 tbsp | 12 tbsp
- Chives 7 g | 14 g
- Mayonnaise **3,6,9** 2 tbsp | 4 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **450°F** (to roast potatoes and bake tofu). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES
Wash and dry all produce.* Cut **potatoes** into $\frac{1}{2}$ -inch wedges. Pat **tofu** dry with paper towel, then cut into $\frac{3}{4}$ -inch cubes. On a parchment-lined baking sheet, toss **potatoes** with $\frac{1}{2}$ tsp **garlic salt** (dbl for 4 ppl) and **1 tbsp oil** (dbl for 4 ppl). Season with **pepper**. Roast in **middle** of oven, until golden-brown and tender, 25-28 min.



2 BAKE TOFU
Meanwhile, on another baking sheet, toss **tofu** with $\frac{1}{2}$ **tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Bake in **bottom** of oven, stirring halfway through cooking, until golden, 22-25 min.



3 COOK BEANS
Meanwhile, cut stems off **green beans**, if needed. Heat a large non-stick pan over medium-high heat. When the pan is hot, add $\frac{1}{2}$ **tbsp oil** (dbl for 4 ppl), then **green beans**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Set aside.



4 MAKE CHIVE SAUCE
Meanwhile, thinly slice **chives**. In a small bowl, stir together **sour cream**, **mayo** and **half the chives**. Season with **salt** and **pepper**. Set aside.



5 MAKE BUFFALO SAUCE
In a small pan over low heat, melt $\frac{1}{2}$ **tbsp butter** (dbl for 4 ppl). Remove the pan from heat. Add **hot sauce**, stirring often, until combined. Set aside. When **tofu** is golden, transfer to a medium bowl. Pour **Buffalo sauce** (from the small pan) over and stir to coat.



6 FINISH AND SERVE
Divide **potato wedges**, **green beans** and **Buffalo tofu** between plates. Spoon any **remaining Buffalo sauce** from the bowl over **Buffalo tofu**. Sprinkle over **remaining chives**. Serve **chive sauce** on the side for dipping.

BITE-SIZED!

These buffalo tofu bites are crispy, tasty and full of flavour!