

# Caribbean-Style Mango-Glazed Tofu

with Creamy Coleslaw and Green Onion-Lime Rice

Veggie

35 Minutes











Cabbage Mix 170 g | 340 g

Green Onion 1 | 2







Mango Chutney 4 tbsp | 8 tbsp



Mayonnaise



2 tbsp | 4 tbsp

Jerk Spice Blend 1 tbsp | 2 tbsp



Soy Sauce

1 tbsp | 2 tbsp

Allengens 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. Cooking utensils | Baking sheet, measuring spoons, zester, medium pot, large bowl, parchment paper, measuring cups, whisk, large non-stick pan, paper towels



#### Cook rice

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Add 1 1/4 cups (2 1/2 cups) water, 1 tbsp (2 tbsp) butter and 1/8 tsp (1/4 tsp) salt to a medium pot.
- Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low.
- Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



#### Cook tofu

- Meanwhile, 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.) Season all over with Jerk Spice Blend, salt and pepper.
- Heat a large non-stick pan over medium heat.
- When hot, add 1 tbsp (2 tbsp) oil, then tofu. Pan fry until golden, 2-3 min per side.
- Transfer **tofu** to a plate. Cover to keep warm.



#### Make coleslaw

- Meanwhile, zest, then juice half the lime (whole lime for 4 ppl). Cut any remaining lime into wedges.
- Add mayo, lime juice, half the lime zest, ½ tsp (1 tsp) sugar and 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, then whisk to combine.
- Add coleslaw cabbage mix to bowl with dressing. Toss to coat.



## Cook glaze

- Reheat the same pan (from step 2) over medium.
- When hot, add soy sauce, mango chutney and 2 tbsp (4 tbsp) water. Season with pepper.
- Remove from heat.



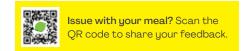
### Flavour rice

- · Meanwhile, thinly slice green onion.
- Fluff rice with a fork, then add half the green onions and remaining lime zest.



## Finish and serve

- Thinly slice tofu.
- Divide rice, tofu and coleslaw between plates.
- Spoon glaze from the pan over tofu and sprinkle with remaining green onions.
- Squeeze a lime wedge over top, if desired.





oil

