



ECUADORIAN-STYLE CRISPY TOFU

with Charred Vegetables and Pickled Onion

VEGGIE



HELLO CRISPY TOFU

Learn our easy method for turning tofu
into crispy bites

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 809**



Extra-Firm Tofu



Cornstarch



White Quinoa



Lime



Cilantro



Green Beans,
trimmed



Corn Kernels



Red Onion, sliced



Mexican
Seasoning



Jalapeño



White Wine
Vinegar

BUST OUT

- Large Non-Stick Pan
- Measuring Cups
- Measuring Spoons
- 2 Medium Bowls
- Medium Pot
- Small Pot
- Strainer
- Zester
- Sugar (1 tsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person

- Extra-Firm Tofu 4 350 g
- Cornstarch 9 3 tbsp
- White Quinoa ¾ cup
- Lime 1
- Cilantro 10 g
- Green Beans, trimmed 170 g
- Corn Kernels 113 g
- Red Onion, sliced 56 g
- Mexican Seasoning 9 1 tbsp
- Jalapeño 1
- White Wine Vinegar 9 2 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 soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 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

Charring is a cooking technique in which food is cooked so that the surface burns or 'chars' to a nice dark-brown colour. Allowing the veggies to cook, without stirring, allows the natural sugars to caramelize and adds flavour.



1 PREP

Wash and dry all produce.* In a medium pot, bring **1 ½ cups salted water** to a boil. Pat the **tofu** dry with paper towels, then cut into ½-inch cubes. In a medium bowl, combine the tofu, **cornstarch** and **Mexican Seasoning**. Toss to coat completely. Season with **salt** and **pepper**.



4 COOK TOFU

Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **tofu**. Cook, turning the cubes occasionally, on all sides, until crispy and golden-brown, 2-3 min per side. Transfer the tofu to the **lime marinade** bowl. Toss to combine. Wipe the pan clean.



2 COOK QUINOA

In a strainer, rinse the **quinoa**, then add to the boiling water. Reduce the heat to medium-low. Cover and cook, until the quinoa is tender and the water has been absorbed, 12-15 min. Leave the lid on and set aside. Meanwhile, cut the **green beans** in half. Finely chop the **jalapeño**, removing the seeds for less heat. Zest, then juice the **lime**.



5 CHAR VEGGIES

Using the same pan, reduce the heat to medium. Add a drizzle of **oil**, then the **green beans**, **corn** and as much **jalapeño** as you like. Season with **salt**. Do not stir. Cover and cook, turning once halfway through cooking, until the veggies are dark golden-brown, 4 min.



3 PICKLE ONIONS

Heat a small pot over high heat. Add the **onions**, **vinegar**, **1 tsp sugar** and **¼ cup water**. Cook, until the onions soften, 4-5 min. Season with **salt**. Remove from heat and set aside. Roughly chop the **cilantro**. In another medium bowl, combine **lime zest**, **lime juice**, **half the cilantro** and **2 tbsp oil**. Set aside.



6 FINISH AND SERVE

Add the **remaining cilantro**, **veggies** and **1 tbsp oil** into the **quinoa** and toss together. Divide the veggie quinoa and **crispy tofu** between plates. Top with the **pickled onions** and drizzle over any **remaining pickling liquid**.

PERFECT!

Pickled red onions are the perfect crown on top of this flavourful dish.