



GOLDEN TOFU AND QUINOA BOWL

with Edamame, Carrot-Cabbage Slaw and Peanut Dressing

VEGGIE



HELLO

EXTRA-FIRM TOFU

Excellent for cubes or slices, extra-firm tofu becomes perfectly crispy when pan-fried

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 850



Extra-Firm Tofu



Green Onions



Garlic



Ginger



Lime



White Quinoa



Smooth Peanut Butter



Teriyaki Sauce



Chili Flakes



Carrot-Purple Cabbage Slaw



Edamame



Cornstarch



Chinese Five Spice

BUST OUT

- Measuring Cups
- Zester
- Measuring Spoons
- Medium Bowl
- Paper Towel
- Large Non-Stick Pan
- Small Pot
- Large Bowl
- Garlic Press
- Whisk
- Strainer
- Sugar (2 tsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person

- Extra-Firm Tofu 4 350 g
- Green Onions 2
- Garlic 20 g
- Ginger 30 g
- Lime 1
- White Quinoa ¾ cup
- Smooth Peanut Butter 7 1 ½ tbsp
- Teriyaki Sauce 4,9 1 ½ tbsp
- Chili Flakes 1 tsp
- Carrot-Purple Cabbage Slaw 227 g
- Edamame 4 85 g
- Cornstarch 9 3 tbsp
- Chinese Five Spice ½ tsp

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

In Step 4, use this heat guide to determine what spice level you prefer: 1/8 tsp mild, 1/4 tsp medium, 1/2 tsp spicy and 1 tsp extra-spicy!



1 PREP

Wash and dry all produce.* In a small pot, add **1 1/3 cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, thinly slice the **green onions**. Mince or grate the **garlic**. Peel, then zest or mince **2 tsp ginger**. Juice the **lime**.



4 MAKE DRESSING

In a large bowl, whisk the **garlic**, **ginger**, **peanut butter**, **teriyaki sauce**, **1 tbsp water**, **2 tsp sugar**, **2 tbsp lime juice** and **1 tbsp oil**. Whisk in **1/8 tsp chili flakes**. (NOTE: Reference the chili guide in the Start Strong). Season with **salt** and **pepper**.



2 COOK QUINOA

In a strainer, rinse the **quinoa** and drain. Add the quinoa to the small pot with the **boiling water**. Reduce the heat to medium-low. Cover and cook until the quinoa is tender and all the water has been absorbed, 12-15 min. (When the quinoa is finished cooking, set it aside to cool slightly.)



5 FINISH AND SERVE

Add the **quinoa**, **slaw mix**, **edamame** and **green onions** into the large bowl with the **dressing**. Toss together. Divide the **quinoa-veggie mixture** between bowls and top with the **golden-tofu**.



3 FRY TOFU

Meanwhile, pat **tofu** dry with paper towels, then cut into 1/2-inch cubes. In a medium bowl, combine tofu, **cornstarch** and **1/2 tsp Chinese five spice**. Toss to coat completely. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then the tofu. Pan fry, turning cubes occasionally, until golden-brown all over, 6-7 min.

BEAUTIFUL!

Equally tasty and colourful, this Asian-inspired quinoa and tofu bowl is hearty and filling.