



# Speedy BBQ Tofu and Pepper Braised Beans with Buttery Toasties

Veggie

25 Minutes



Tofu  
1 | 2



Cannellini Beans  
398 ml | 796 ml



Ciabatta Roll  
1 | 2



Mirepoix  
113 g | 227 g



Hot Pepper  
1 | 2



Baby Spinach  
28 g | 56 g



BBQ Sauce  
4 tbsp | 8 tbsp



Tomato Sauce  
Base  
2 tbsp | 4 tbsp



Cream Sauce  
Spice Blend  
1 tbsp | 2 tbsp



Vegetable Stock  
Powder  
1 tbsp | 2 tbsp

**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



### Sear tofu

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Line a baking sheet with aluminum foil.
- Heat a large non-stick pan over medium-high heat.
- While 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.) Season with **salt** and **pepper**.
- Add **tofu** and **half the Cream Sauce Spice Blend** to a shallow dish, then toss to coat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Sear, flipping halfway through, until golden-brown, 4-5 min. Transfer **tofu** to a plate. Spoon **1 tbsp BBQ sauce** over **each tofu steak**. Cover to keep warm.

2



### Broil peppers

- Meanwhile, core, then cut **peppers** into ½-inch pieces, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping hot peppers!)
- Add **peppers** and ½ **tbsp** (1 tbsp) **oil** to the baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Broil **peppers** in the **middle** of the oven, until **peppers** are lightly charred, 5-7 min.

3



### Cook beans

- Meanwhile, heat the same pan (from step 1) over medium. When hot, add **1 tbsp** (2 tbsp) **oil** then **mirepoix**. Cook, stirring often, until golden and beginning to soften, 1-2 min. Sprinkle **remaining Cream Sauce Spice Blend** over top, then stir to coat.
- Add **beans** along with **liquid, stock powder, tomato sauce base, remaining BBQ sauce, ⅓ cup** (⅔ cup) **water** and ¼ **tsp** (½ tsp) **sugar**.
- Bring to a boil over high, then reduce heat to medium. Cook, stirring occasionally, until **sauce** thickens slightly, 2-4 min.

4



### Finish prep

- Stir **peppers** into the pan with **beans**.
- Cut **ciabatta** into ½-inch-wide slices lengthwise.
- Add **1 tbsp** (2 tbsp) **butter** to a small microwave-safe bowl. Melt in the microwave, 30 sec.

5



### Make toasties

- Discard aluminum foil, then arrange **ciabatta slices** on the same baking sheet used to broil **peppers**. Spoon **melted butter** over **ciabatta slices**. Season with **salt** and **pepper**.
- Broil in the **middle** of the oven until golden-brown, 1-2 min. (**TIP:** Keep your eye on toasties so they don't burn!)

6



### Finish and serve

- Meanwhile, add **spinach** to the pan with **beans**. Stir until **spinach** wilts, 30 sec.
- Thinly slice **tofu**.
- Divide **beans** and **tofu** between bowls.
- Serve **toasties** alongside for dipping.

