



# Spicy Korean BBQ Tofu Bowl

with Charred Pineapple and Zucchini

VEGGIE

SPICY

30 Minutes



Extra-Firm Tofu



Gochujang



Sesame Oil



Moo Shu Spice Blend



Sprouted Brown Rice



Pineapple



Zucchini



Soy Sauce



Red Onion



Black Sesame Seeds



BBQ Sauce

## HELLO TOFU

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

# Start Strong

Before starting, preheat your broiler to high and wash and dry all produce.

## Bust Out

Large Bowl, Whisk, Baking Sheet, Measuring Cups, Measuring Spoons, Strainer, Paper Towels, Medium Pot, Small Bowl, Large Non-Stick Pan

## Ingredients

	2 Person	4 Person
Extra-Firm Tofu	250 g	500 g
Gochujang 🌶️	1 tbsp	2 tbsp
Sesame Oil	1 tbsp	2 tbsp
Moo Shu Spice Blend	2 tsp	4 tsp
Sprouted Brown Rice	¾ cup	1 ½ cup
Pineapple	95 g	190 g
Zucchini	200 g	400 g
Soy Sauce	1 tbsp	2 tbsp
Red Onion	113 g	227 g
Black Sesame Seeds	1 tbsp	2 tbsp
BBQ Sauce	56 g	113 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



### 1. COOK RICE

Using a strainer, rinse **rice**. Combine **rice** with **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook, still covered, until **rice** is tender, 25-26 min. Remove pot from heat and let stand covered until **liquid** is absorbed.



### 4. TOAST SESAME SEEDS

Heat a large non-stick pan over medium heat. When hot, add **sesame seeds** to the dry pan. Toast, stirring occasionally, until toasted, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) When **sesame seeds** are toasted, transfer to a small bowl. Set aside.



### 2. PREP & MIX BBQ SAUCE

While **rice** cooks, cut **zucchini** into ½-inch thick half-moons. Cut **pineapple** into ½-inch slices. Peel, then cut **onion** into ½-inch slices. Whisk together **gochujang**, **soy sauce**, **BBQ sauce**, **half the Moo Shu spice blend**, **half the sesame oil** and **2 tbsp water** (dbl for 4 ppl) in a large bowl.



### 5. COOK VEG AND PINEAPPLE

Using the same pan, increase heat to medium-high. Add **remaining sesame oil**, then **zucchini** and **onions**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Transfer to a plate and cover to keep warm. Add **pineapple** and **½ tsp sugar** (dbl for 4 ppl) to the same pan. Cook, stirring often, until tender and golden, 2-3 min. Set aside.



### 3. COOK TOFU

Roughly tear or cut **tofu** into 1-inch pieces. Squeeze **tofu** dry with paper towels. Toss **tofu** with **remaining Moo Shu spice blend** and **½ tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Broil in **middle** of oven, stirring halfway through cooking, until golden-brown, 9-10 min. Transfer **tofu** to the large bowl with **Korean BBQ sauce** and toss to coat.



### 6. FINISH AND SERVE

Fluff the **rice** with a fork, then stir in **half the sesame seeds** and season with **salt**. Divide **rice** between bowls. Top with **tofu**, **pineapple** and **veggies**. Drizzle over any **remaining Korean BBQ sauce** from the bowl. Sprinkle over **remaining sesame seeds**.

## Dinner Solved!

