

Sku1460 hero d84610b2b332d676c262bfd114d41bcc

Gluten-Free Grain Stir-Fry

with Asparagus & Fried Tofu



30-40min



2 Servings

A bed of gluten-free grains is the perfect foil to shallow-fried tofu, sweet sugar snap peas, and crisp-tender asparagus. The veggies are quickly stir-fried along with fragrant garlic and ginger, before getting tossed in a sweet and tangy teriyaki-rice vinegar sauce. Combined with the grains, fresh cilantro, and pillowy, protein-rich tofu, this is a dish that does a body good. Cook, relax, and ...

What we send

- asparagus
- rice vinegar
- quick-cooking grains blend
- fresh ginger
- sugar snap peas
- garlic
- fresh cilantro

What you need

- coarse kosher salt
- freshly ground pepper

Tools

- large skillet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 522.0kcal, Fat 22.4g, Proteins 23.0g, Carbs 55.0g



1. Cook grains

Heat **1 teaspoon oil** in a small saucepan over medium-high. Add **grains blend**, and toast, stirring often for 1-2 minutes. Add **1 cup water** and **¼ teaspoon salt**, reduce heat to low, and simmer, covered, until water is completely evaporated and grains are tender, about 20 minutes. Let sit 5 minutes, covered, then spread grains on a plate to cool.



4. Fry tofu

Heat **¼-inch of oil** in a medium skillet over medium-high. When oil is shimmering, carefully add **tofu**; cook until golden brown and crisp, 3-4 minutes per side. Using a slotted spoon, transfer to a paper-towel lined plate, sprinkle with **salt**, then place in a medium bowl with **2 tablespoons sauce**. Discard **all but 2 tablespoons oil** from skillet.



2. Prep ingredients

Trim bottom 2-inches from **asparagus**, then thinly slice on a diagonal. Remove stems ends from **snap peas**, then thinly slice lengthwise. Peel and finely chop **2 large cloves garlic**. Peel and finely chop **half of the ginger** (save rest for own use). Pick **cilantro leaves** from stems; finely chop **stems**, keeping **leaves** whole.



5. Stir-fry grains

Place skillet back over medium-high heat. When **oil** is shimmering, add **asparagus** and cook 30 seconds. Add **sugar snap peas, chopped garlic and ginger**, and cook another 30 seconds. Add **grains** and **remaining sauce** and cook, stirring to incorporate ingredients, 1-2 minutes. Use a wooden spoon to scrape up any bits that might stick to pan.



3. Prep tofu & sauce

Drain **tofu**; cut **half of the block** into ¾-inch cubes (save rest for own use). Pat cubes very dry with paper towels. In a small bowl, stir together **vinegar, teriyaki sauce**, and **2 tablespoons water**.



6. Serve

Add **tofu** to **grains** and gently toss to combine. Divide **grains** between bowls and garnish with **cilantro leaves**. Enjoy!