



Fo sku1082 web badge

## Miso-Glazed Tofu & Carrots

with Greens, Grains, and Furikake

 30-40min  4 Servings

We think this dish is as fun to eat as it is to say! Furikake is a Japanese seasoning condiment that packs loads of sweet, salty, and briny flavor. It's usually sprinkled over rice, but we love how it transforms tofu into something super special. Cook, relax, and enjoy!

## What we send

- sesame oil <sup>11</sup>
- carrots
- fresh ginger
- rice vinegar
- baby spinach

## What you need

- coarse salt

## Tools

- rimmed baking sheet
- small pot

**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

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

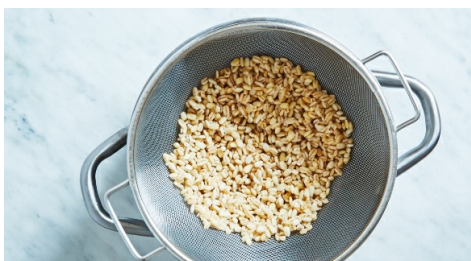
## Nutrition per serving

Calories 455kcal, Fat 25g, Carbs 33g, Proteins 18g



### 1. Prep ingredients

Preheat oven to 450°F with racks in upper and lower third positions. Lightly brush a large rimmed baking sheet with oil. Drain tofu and pat dry with several layers of paper towels. Cut crosswise into 8 slices. Peel and trim carrots and cut into ¼-inch slices (if thick, first cut carrots in halves or quarters lengthwise).



### 4. Make barley

Meanwhile, bring a small pot of salted water to a boil. Add grains blend and cook until chewy-tender, 7-8 minutes. Drain well.



### 2. Make dressing

Peel and finely grate ½ of the ginger (reserve the rest for another use). In a small bowl, whisk grated ginger, miso, rice vinegar, sesame oil, and 2 tablespoons hot water. Whisk in ¼ cup oil in a very thin stream until smooth.



### 5. Toss salad

Place spinach, carrots, and grains blend in a large bowl and toss with 3 tablespoons ginger-miso dressing.



### 3. Roast tofu and carrots

Arrange tofu on half of the baking sheet and brush tops with 2 tablespoons dressing. Arrange carrots on other half and toss with 1 tablespoon oil. Season with ¼ teaspoon salt. Roast on lower rack until carrots are tender, about 15 minutes. Turn on broiler. Shift baking sheet to top rack and broil until golden, 2-4 minutes (watch closely).



### 6. Assemble and serve

Transfer salad to a platter and, using a spatula, arrange tofu on top. Drizzle with remaining ginger-miso dressing and sprinkle with furikake. Enjoy!