



## Summer Tofu Grain Bowl

with Snap Peas & Tahini Dressing



30-40min



4 Servings

Let's talk about tofu. First, what is it? To put it simply, it's bean curd. How is it made? Coagulated soy milk is compressed to squeeze out moisture, the result is a silky block of tofu. Why is it so good? It's a protein packed food with a neutral taste that is perfect for soaking up flavors like a nutty tahini dressing.

## What we send

- garlic
- quinoa
- lemon
- cucumber
- grape tomatoes
- sugar snap peas
- quick-cooking brown rice

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- fine-mesh sieve
- large nonstick skillet
- large 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.

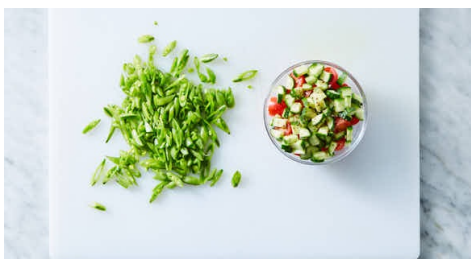
## Nutrition per serving

Calories 650.0kcal, Fat 33.0g, Proteins 25.0g, Carbs 71.0g



### 1. Cook grains

Bring a large saucepan of **salted water** to a boil. Add **rice** and boil for 7 minutes, then add **quinoa** and boil both rice and quinoa together until tender, about 17 minutes more. Drain through a fine-mesh sieve and return to saucepan.



### 4. Prep veggies

Cut **tomatoes** in half and transfer to a medium bowl. Trim ends from **cucumbers** (peel if desired), then cut into 1/2-inch pieces. Add cucumbers to tomatoes. Stir in **1 teaspoon of the reserved lemon dressing** and season with **a pinch each salt and pepper**. Trim ends from **snap peas**, then thinly slice on an angle.



### 2. Prep ingredients

While **grains** cook, peel and grate **1 teaspoon garlic**. Into a small bowl, grate **1/2 teaspoon lemon zest** and squeeze **3 tablespoons lemon juice**. Add **3 tablespoons oil** and 1/2 teaspoon of the garlic; whisk to combine. Reserve **1 1/2 tablespoons lemon dressing** in a small bowl and set aside for steps 4 and 6.



### 5. Cook tofu

Cut **tofu** into 1/2-inch cubes and gently pat dry. Heat **2 tablespoons oil** in a large nonstick skillet over medium-high heat until shimmering. Add tofu, season with **salt**, and cook golden, turning occasionally, about 8 minutes. Add **snap peas** and **remaining 1/2 teaspoon garlic** and cook, about 1 minute.



### 3. Make tahini sauce

Into bowl with **remaining 1/3 cup lemon dressing**, whisk **tahini** and **3 1/2 tablespoons water** until smooth. Sauce will thicken as you stir.



### 6. Finish & serve

Stir **remaining lemon dressing** into **grains**. Serve **grains** topped with **tofu**, **snap peas**, **tomato-cucumber mixture**, and **a drizzle of tahini sauce**. Enjoy!