



**GREEN
CHEF**

SRIRACHA-TAMARI TOFU BOWLS

rice, bell pepper, carrots, red peppers, sesame seeds

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

610

MENU

VEGAN // FAST & FIT // GLUTEN-FREE

Tonight's tofu bowls feature a homemade Sriracha-tamari sauce that you'll want to drizzle over everything! The spicy, umami-rich blend lends its bold flavors to golden pan-seared tofu, which is served over a stir-fry of green bell pepper, carrots, and roasted red pepper. Jasmine rice forms a hearty base for the dish, while a sprinkle of sliced scallion and black and white sesame seeds add a light crunch to every bite.

INGREDIENTS (10 ITEMS)

½ cup	Jasmine rice
8 oz	Tofu <small>S</small>
1 unit	Green bell pepper
1 whole	Scallion
¾ oz	Sriracha sauce
1¼ oz	Gluten-free tamari sauce <small>S</small>
1 oz	Agave
1¾ oz	Carrots
1 oz	Roasted red peppers
1 tsp	Black & white sesame seeds

WHAT YOU'LL NEED

small pot with lid
medium sauté pan
large nonstick pan
medium bowl
measuring cup & spoons
whisk
cooking oil
salt & pepper

ALLERGENS

S SOY



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Open and drain **tofu**. Stand **tofu** upright and halve vertically. Lay halves flat and cut into cubes, about ½ inch each. Press out excess water with paper towels.
- Cut **green bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Trim and thinly slice **scallion**.

**The ingredient you received may be a different color.*

3 MAKE SRIRACHA-TAMARI SAUCE

- Place **Sriracha sauce***, **gluten-free tamari sauce**, and **agave** in a medium bowl. Whisk to combine.

**If heat sensitive, use Sriracha sauce sparingly.*

4 COOK TOFU & SAUCE

- Heat about 1 tablespoon cooking oil in a large nonstick pan over medium heat. Add **tofu** to hot pan. Sear 5-6 minutes, or until evenly browned on all sides, stirring occasionally.
- Add **Sriracha-tamari sauce**. Lightly season with salt and pepper. Cook 1-2 minutes, or until sauce is slightly reduced and evenly coats tofu, stirring occasionally. Remove from heat.

5 STIR-FRY VEGGIES

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **bell pepper**, **carrots**, and **roasted red peppers** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until bell pepper is tender, stirring occasionally.

6 PLATE YOUR DISH

- Divide **rice** between bowls. Top with **stir-fried veggies**. Pile **Sriracha-tamari tofu** over veggies. Drizzle with remaining **sauce** from pan. Garnish with **scallion** and **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (337g)

Amount per serving

Calories **610**

	% Daily Value*
Total Fat 27g	35%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1460mg	63%
Total Carbohydrate 67g	24%
Dietary Fiber 6g	21%
Total Sugars 17g	
Includes 10g Added Sugars	20%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 272mg	20%
Iron 4mg	20%
Potassium 535mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Tofu [water, organic soybeans, calcium sulfate, glucono delta lactone], **Gluten-Free Tamari Sauce** [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], **Sriracha Sauce** [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum], **Agave** [organic agave syrup], **Jasmine Rice** [jasmine rice], **Bell Peppers**, **Carrots**, **Roasted Red Peppers** [bell pepper], **Scallions**, **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds])

Allergen information:

Contains Soy

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.