



**GREEN
CHEF**

SESAME-GINGER GLAZED TOFU

cashew-studded quinoa, cabbage & carrot slaw, mango salsa

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

850

MENU

VEGAN // GLUTEN-FREE

Our sesame-ginger amino sauce is nutty, garlicky, bright, and a little spicy—and we love how it livens up crispy pan-seared tofu. In this vegan dish, we use the sauce as a glaze for tofu and serve it over fluffy, cashew-studded quinoa. For a tropical complement, a vibrant, herb-flecked mango salsa is spooned over the top. Crisp cabbage and carrot slaw adds a colorful accent to the 30-minute meal.

INGREDIENTS (9 ITEMS)

½ cup	White quinoa
3½ oz & 1¼ oz	Cabbage & carrots
1½ oz	Mangos
1 whole	Scallion
¼ oz	Cilantro
8 oz	Tofu <small>S</small>
1 oz	Roasted cashews <small>T</small>
4 oz	Sesame-ginger amino sauce <small>T</small>
1 tbs	Cornstarch

WHAT YOU'LL NEED

small pot with lid
large nonstick pan
mixing bowls
measuring cup & spoons
cooking & olive oils
salt & pepper

ALLERGENS

S SOY
T TREE NUTS (cashews, coconut)



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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK QUINOA

- Bring 1 cup water and about ¼ teaspoon salt to a boil in a small pot. Add **white quinoa** to boiling water. Stir, then return to a boil. Once boiling, reduce heat to medium low. Cover pot with lid. Simmer 16-18 minutes, or until quinoa is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the quinoa in Step 6.)

COOKING FOR
4

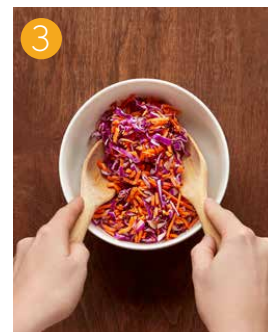
If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2 PREP

- Roughly chop **cabbage*** and **carrots** if necessary.
- Roughly chop **mangos** (discard any excess juice).
- Trim and thinly slice **scallion**.
- De-stem **cilantro**; roughly chop leaves.
- 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.
- Roughly chop **roasted cashews** if necessary.

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



3 MAKE SLAW

- Place **cabbage and carrots** in a medium bowl. Drizzle with about 1 tablespoon **sesame-ginger amino sauce** and about 1 tablespoon olive oil. Toss to coat. Season with salt and pepper to taste.



4 MAKE MANGO SALSA

- Place **mangos, scallion, and cilantro** in a small bowl. Drizzle with about ½ tablespoon olive oil. Stir to combine. Season with salt and pepper to taste.

5 SEASON & COOK TOFU

- Place **tofu** and **cornstarch** in a large bowl. Season with about ½ teaspoon salt and a pinch of pepper. Stir to evenly coat.
- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium-high heat. Add **tofu** in a single layer to hot pan. Sear undisturbed 3-4 minutes, or until lightly browned.
- Flip **tofu**. Add remaining **sesame-ginger amino sauce**. Cook 3-4 minutes, or until sauce has thickened, gently shaking pan occasionally to prevent tofu from sticking.



6 FINISH QUINOA

- Fluff **quinoa** with a fork. Add **cashews**. Stir to combine. Season with salt and pepper to taste.*

**Taste the quinoa after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*



7 PLATE YOUR DISH

- Divide **cashew-studded quinoa** between plates. Top with **sesame-ginger glazed tofu**. Spoon **mango salsa** over tofu. Serve **cabbage and carrot slaw** on the side. Enjoy!

Nutrition Facts

2 Servings per container

Serving size (368g)

Amount per serving

Calories 850

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1150mg	50%
Total Carbohydrate 64g	23%
Dietary Fiber 9g	32%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 308mg	25%
Iron 7mg	40%
Potassium 882mg	20%

* 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], **Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Apple Cider Vinegar [apple cider vinegar], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Coconut Nectar [coconut tree sap], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **White Quinoa** [white quinoa], **Mangos** [mango], **Scallions**, **Green Cabbage**, **Red Cabbage**, **Carrots**, **Cilantro**, **Cornstarch** [cornstarch]

Allergen information:

Contains Tree Nuts And 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.