



**GREEN
CHEF**

TOFU WITH CHERRY BARBECUE SAUCE

roasted potatoes, collard greens with apple & pecans

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

820

MENU

VEGAN // GLUTEN-FREE

Tonight's seared tofu dish combines savory-sweet Southern flavors that'll keep you coming back for bite after bite. For the main event, slabs of tofu are seasoned with our barbecue spice blend, seared until lightly browned, then draped in a cherry-studded barbecue sauce. A trip to the oven turns the sauce into an irresistibly tangy-sweet lacquer. On the side, there's tender collard greens with apple, pecans, and a sprinkle of applewood-smoked salt, plus herby roasted red potatoes. With all the variety that goes into this plate, each forkful is a flavorful surprise.



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.

INGREDIENTS (10 ITEMS)

1 oz **Dried cherries**
 9½ oz **Red potatoes**
 1 whole **Gala apple**
 4 oz **Collard greens**
 ½ oz **Pecans** T
 1 tsp **Italian-style spices & dill**
 8 oz **Tofu** S
 2 tsp **Barbecue spice blend**
 4 oz **Mild barbecue sauce**
 ¼ tsp **Applewood-smoked sea salt**

WHAT YOU'LL NEED

large nonstick pan
 2 baking sheets
 mixing bowls
 measuring spoons
 oven mitt
 cooking oil
 ½ tsp sugar
 salt & pepper

ALLERGENS

T TREE NUTS (pecans)
S SOY

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 PREP

- Preheat oven to 400 degrees.
- Place **dried cherries** in a small bowl. Cover with about 2 tablespoons water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **cherries** (reserve soaking liquid).
- Halve **red potatoes*** lengthwise. Lay flat and cut lengthwise into wedges, about ½ inch thick.
- Stand **Gala apple** upright and cut off sides around core; discard core. Cut sides lengthwise into slices, about ¼ inch thick.
- Remove and discard any thick center stems from **collard greens**. Roughly chop leaves into bite-size pieces.
- Roughly chop **pecans** if necessary.

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

4 COOKING FOR

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 SEASON & ROAST POTATOES

- Place **potatoes** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **Italian-style spices and dill**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 22-24 minutes, or until fork-tender and golden brown, flipping halfway through.

3 SEASON TOFU

- Open and drain **tofu**. Stand **tofu** upright and halve lengthwise into two slabs, about ½ inch thick. Cut diagonally into two triangles. Press out excess water with paper towels. Season with salt, pepper, and about half the **barbecue spice blend**. Rub to coat.

4 MAKE SAUCE

- Add **mild barbecue sauce** and chopped **cherries** to bowl with **soaking liquid**. Stir to combine.

5 COOK TOFU

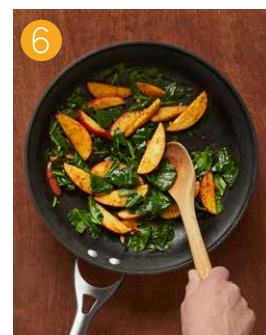
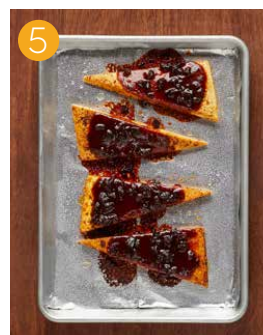
- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium heat. Add **tofu** to hot pan. Sear 2-3 minutes on each side, or until lightly browned on both sides.
- Transfer **tofu** to a second lightly oiled, foil-lined baking sheet. Spoon **cherry barbecue sauce** over top.
- Roast 8-10 minutes, or until sauce has thickened.

6 COOK COLLARDS

- Heat about 2 tablespoons cooking oil in pan used for tofu over medium heat. Add **apple**, remaining **spice blend**, and ½ teaspoon sugar to hot pan. Lightly season with salt and pepper. Cook 3-4 minutes, or until apple softens, stirring occasionally.
- Reduce heat to medium low. Add **collards** and about 2 tablespoons water. Cook 3-4 minutes, or until collards are tender, stirring occasionally.
- Remove from heat. Add **pecans**. Season with **applewood-smoked sea salt**. Stir to combine.

7 PLATE YOUR DISH

- Divide **tofu** between plates. Spoon any remaining **cherry barbecue sauce** from baking sheet over top. Serve **roasted potatoes** and **collard greens with apple and pecans** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (478g)

Amount per serving

Calories 820

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1300mg	57%
Total Carbohydrate 77g	28%
Dietary Fiber 9g	32%
Total Sugars 44g	
Includes 6g Added Sugars	12%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 360mg	30%
Iron 6mg	35%
Potassium 1070mg	25%

* 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], **Barbecue Spice Blend** (Granulated Garlic, Ancho Chili Powder, Sweet Paprika, Dried Mustard, Dried Ginger, Black Pepper), **Red Potatoes**, **Barbecue Sauce** [tomato puree (filtered water, tomato paste), sugar, white vinegar, molasses, natural hickory smoke flavor, salt, corn starch, Worcestershire sauce (white vinegar, molasses, filtered water, sugar, sea salt, caramel color, garlic powder, spices, cayenne pepper, black pepper, xanthan gum), caramel color, onion powder, garlic powder, ground red peppers, xanthan gum], **Dried Cherries** [tart cherries, cane sugar, sunflower oil], **Italian-Style Spices & Dill** (Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Dill, Onion Powder, Black Pepper, Granulated Garlic), **Collard Greens**, **Applewood-Smoked Sea Salt**, **Gala Apple**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil]

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.

