



GREEN CHEF

ORANGE-MISO TOFU

sautéed green beans & chard, rice with carrots, peanut sauce

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
900

MENU
VEGAN // GLUTEN-FREE

Intensely savory and rich in umami, miso is a marinade game-changer. Here, tofu is steeped in orange-miso marinade, pan-seared until golden brown, and then simmered in a creamy ginger-lime peanut sauce for extra depth. The tofu's served over fluffy jasmine rice with carrots, all paired with a side of sautéed green beans and red chard. Sesame seeds add a toasty finish to the dish.

INGREDIENTS (10 ITEMS)

- ½ cup **Jasmine rice**
- 8 oz **Tofu** S
- 1¼ oz **Orange-miso marinade** S
- 6 oz **Green beans**
- 3½ oz **Red chard**
- 1 whole **Scallion**
- 4 oz **Carrots**
- 5¼ oz **Ginger-lime peanut sauce** P S T
- ¾ oz **Gluten-free tamari sauce** S
- 1 tsp **White sesame seeds**

WHAT YOU'LL NEED

- small pot with lid
- large sauté pan
- large nonstick pan
- mixing bowls
- measuring cup & spoons
- cooking oil
- salt & pepper

ALLERGENS

- S SOY
- P PEANUTS
- T TREE NUTS (coconut)

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

Validated
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 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. (You'll finish the rice in Step 7.)

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 MARINATE TOFU

- 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.
- Place **tofu** in a large bowl. Add **orange-miso marinade**. Stir to coat. Marinate at least 5 minutes, stirring occasionally.

3 PREP

- Trim stem ends off **green beans**. Halve widthwise.
- Remove thick center stems from **red chard***. Cut **stems** into pieces, about ¼ inch each. Roughly chop **leaves** into bite-size pieces.
- Trim and thinly slice **scallion**.

*The ingredient you received may be a different color.

4 COOK CARROTS

- Heat 1-2 tablespoons cooking oil in a large nonstick pan over medium heat. Add **carrots** to hot pan. Season with a pinch of pepper. Cook about 3 minutes, or until crisp-tender, stirring frequently.
- Transfer **carrots** to a medium bowl.

5 COOK TOFU

- Heat about 1 tablespoon cooking oil in pan used for carrots over medium heat. Remove **tofu** from marinade, letting excess drip off (discard excess marinade). Carefully add **tofu** to hot pan. Cook 10-12 minutes, or until evenly browned, turning occasionally.
- Add **ginger-lime peanut sauce**. Cook 1-2 minutes, or until sauce is warmed through, stirring frequently.

6 COOK GREEN BEANS & CHARD

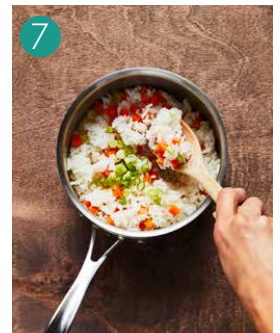
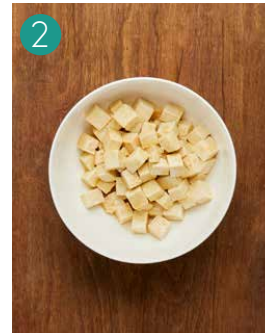
- Heat 1-2 tablespoons cooking oil in a large sauté pan over medium-high heat. Add **green beans** and **chard stems** to hot pan. Cook 4-6 minutes, or until green beans begin to soften, stirring occasionally.
- Add **chard leaves** and **gluten-free tamari sauce**. Cook 1-2 minutes, or until chard leaves are lightly wilted, stirring occasionally.

7 FINISH RICE

- Fluff **rice** with a fork. Transfer **carrots** to pot. Add most of the **scallion**. Stir to combine. Season with salt and pepper to taste.

8 PLATE YOUR DISH

- Divide **rice with carrots** between plates. Top with **orange-miso tofu**. Spoon **ginger-lime peanut sauce** from pan over top. Garnish with **white sesame seeds** and remaining **scallion**. Serve **sautéed green beans and chard** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (485g)

Amount per serving

Calories **900**

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mcg	0%
Sodium 1220mg	53%
Total Carbohydrate 76g	28%
Dietary Fiber 9g	32%
Total Sugars 16g	
Includes 7g Added Sugars	14%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 354mg	25%
Iron 5mg	30%
Potassium 1060mg	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], **Ginger-lime peanut sauce** (Peanut Butter [peanuts], Coconut Milk [coconut milk, water, xanthan gum], Maple Syrup [pure maple syrup], Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Sunflower Oil [high oleic sunflower oil], Toasted Sesame Oil [toasted sesame oil], Sriracha Sauce [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Yellow Onions, Granulated Garlic, Ascorbic Acid [ascorbic acid]), **Scallions**, **White Sesame Seeds** [hulled sesame seeds], **Green Beans**, **Red Chard**, **Jasmine Rice** [jasmine rice], **Carrots**, **Gluten-Free Tamari Sauce** [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], **Orange Juice** [organic orange juice], **Water**, **Miso Paste** [organic whole soybeans, organic handmade rice koji, sun-dried sea salt, Blue Ridge Mountain well water, koji spores], **Puréed Ginger** [ginger], **Toasted Sesame Oil** [toasted sesame oil], **Garlic**, **Ascorbic Acid** [ascorbic acid]

Allergen information:

Contains Soy, Tree Nuts And Peanuts

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.

