



**GREEN  
CHEF**

## HARISSA ONION-JAM TOFU SANDWICHES

*kale salad with apple & sunflower seeds*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

1170

### MENU

VEGAN

These vegan ciabatta sandwiches turn mealtime into a white-napkin-level experience. Tofu is cut into thick slabs, rubbed with harissa seasoning, and dusted in cornstarch before being seared to a delicious golden brown. That golden tofu is piled onto toasted ciabattas alongside caramelized onion spiked with cider vinegar and enhanced with almonds and apricot jam. On the side, there's a balsamic-dressed kale salad with apple slices and sunflower seeds. Pro tip: Add a bit of salad to your sandwiches for a flavor explosion.

### INGREDIENTS (12 ITEMS)

3½ oz **Green kale**  
1 whole **Fuji apple**  
1 whole **Yellow onion**  
½ oz **Sliced almonds** <sup>T</sup>  
8 oz **Tofu** <sup>S</sup>  
1¾ oz **Balsamic vinaigrette with olive oil**  
½ oz **Sunflower seeds**  
¾ oz **Apple cider vinegar**  
2¼ oz **Apricot jam**  
1½ tsp **Harissa seasoning**  
1 tbsp **Cornstarch**  
2 whole **Ciabatta breads** <sup>W</sup>

### WHAT YOU'LL NEED

large nonstick pan  
baking sheet  
mixing bowls  
measuring spoons  
whisk  
oven mitt  
cooking & olive oils  
salt & pepper

### ALLERGENS

<sup>T</sup> TREE NUTS (almonds)  
<sup>S</sup> SOY  
<sup>W</sup> WHEAT



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

**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

## PREP

- Preheat oven to 425 degrees.
- Remove and discard any thick center stems from **green kale\***. Roughly chop leaves into bite-size pieces.
- Stand **Fuji apple** upright and cut off sides around core; discard core. Cut lengthwise into slices, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Roughly chop **sliced almonds**.
- Open and drain **tofu**. Cut crosswise into two slabs. Press out excess water with paper towels.

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

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

## MIX VINAIGRETTE & MAKE SALAD

- Place **balsamic vinaigrette with olive oil** and about 2 tablespoons olive oil in a medium bowl. Whisk to combine. Season with salt and pepper to taste.
- Place **kale** in a separate medium bowl. Drizzle with about 1 tablespoon **vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **apple, sunflower seeds**, and remaining **vinaigrette** to bowl with **kale**. Toss to combine.

3

## MAKE ONION JAM

- Heat about 1 tablespoon cooking oil in a large nonstick pan over medium-high heat. Add **onion** to hot pan. Season with salt and pepper. Cook 4-5 minutes, or until onion begins to brown, stirring occasionally.
- Reduce heat to medium. Add **apple cider vinegar**. Cook 2-3 minutes, or until onion is lightly browned, stirring occasionally.
- Add **almonds**. Cook 1-2 minutes, or until almonds are lightly toasted, stirring occasionally.
- Remove from heat. Add **apricot jam**, about half the **harissa seasoning\***, and about 1 tablespoon cooking oil. Stir to combine.
- Transfer **onion jam** to a small bowl. Turn off heat. (Carefully wipe out pan.)

*\*If heat sensitive, use harissa seasoning sparingly.*

4

## SEASON & COOK TOFU

- Sprinkle **cornstarch** onto a plate. Season with remaining **harissa seasoning**, about ½ teaspoon salt, and a pinch of pepper. Stir to combine. Gently press **tofu** into **seasoned cornstarch** to evenly coat both sides.
- Heat about 1½ tablespoons cooking oil in pan used for onion over medium-high heat. Add **tofu** to hot pan. Sear 3-4 minutes per side, undisturbed, or until golden brown.

5

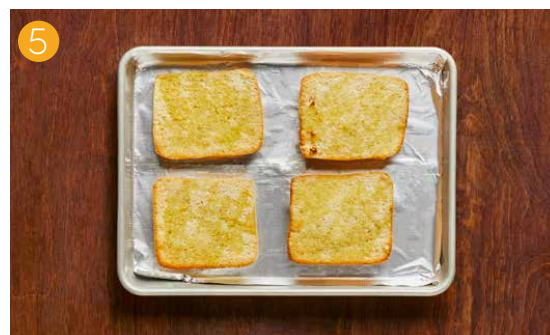
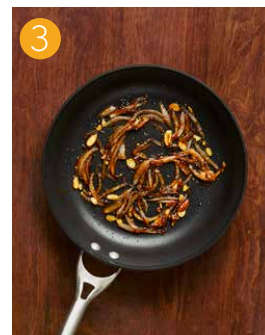
## TOAST CIABATTAS

- Halve **ciabatta breads** horizontally. Place, cut sides up, on a foil-lined baking sheet. Lightly drizzle with olive oil. Lightly season with salt.
- Transfer baking sheet to oven. Toast 3-4 minutes, or until lightly browned.

6

## PLATE YOUR DISH

- Divide **bottom buns** between plates. Top with **harissa-spiced tofu, onion jam**, and **top buns**. Serve **kale salad with apple and sunflower seeds** on the side. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (543g)

**Amount per serving**

**Calories** 1170

	% Daily Value*
<b>Total Fat</b> 72g	92%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1170mg	51%
<b>Total Carbohydrate</b> 98g	36%
Dietary Fiber 12g	43%
Total Sugars 42g	
Includes 23g Added Sugars	46%
<b>Protein</b> 31g	
Vitamin D 0mcg	0%
Calcium 375mg	30%
Iron 7mg	40%
Potassium 846mg	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:

**Ciabatta Bread** [unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, cultured wheat flour, dough conditioner (wheat flour and enzymes), yeast, barley flour], **Tofu** [water, organic soybeans, calcium sulfate, glucono delta lactone], **Yellow Onion**, **Apricot Jam** [sugar, raw apricots, water, dried apricots (with sulfur dioxide as a preservative and rice flour), citric acid, fruit pectin], **Apple Cider Vinegar** [apple cider vinegar], **Cornstarch** [cornstarch], **Harissa Seasoning** [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], **Green Kale**, **Sunflower Seeds** [sunflower kernels, sunflower oil], **Balsamic Vinaigrette** (Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Fuji Apple**, **Almonds** [almonds]

### Allergen information:

Contains Tree Nuts, Soy And Wheat

*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.*

