



Tofu Fried Rice

Prep Time: 30 min
Cook Time : 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:

376 Calories
11 total grams of fat
629 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 1/2 cups basmati rice
- 2 tablespoons vegetable oil, divided**
- 1 package firm tofu, drained and cut into (1/2-inch) cubes
- 2 large eggs, lightly beaten
- 1 cup (1/2-inch-thick) sliced green onions
- 1 cup frozen peas and carrots, thawed
- 4 garlic cloves, minced
- 1 teaspoon minced peeled fresh ginger
- 2 tablespoons mirin
- 3 tablespoons low-sodium soy sauce
- 1 tablespoon hoisin sauce
- 1/2 teaspoon sesame oil (**you were given more, please measure out**)
- Thinly sliced green onions (garnish)

DIRECTIONS:

1. Bring 2 1/2 cups of water to a boil in a medium sauce pan. Add the **rice** and bring back to a gentle simmer. Reduce heat to low, cover and cook for 18 minutes or until rice is done. Remove from heat and let rice cool to room temperature.
2. Wrap **tofu** in a clean towel and set something heavy on top to press out excess moisture for 10 minutes. Set aside.
3. While **rice cools**, heat **1 tablespoon vegetable oil** in a large nonstick skillet over medium-high heat. Cube **tofu** and add to skillet; cook 4 minutes or until lightly browned, stirring occasionally. Remove from pan. Add **eggs** to pan; cook 1 minute or until done, breaking egg into small pieces. Remove from pan. Add **1 tablespoon vegetable oil** to pan. Add **1 cup onions, peas and carrots, garlic, and ginger**; sauté 2 minutes.
4. While vegetable mixture cooks, combine **mirin, soy sauce, hoisin sauce, and 1/2 tsp sesame oil**. Add **3 cups cooked and cooled rice** to pan with the vegetables; cook 2 minutes, stirring constantly. Add **tofu, egg, and soy sauce mixture**; cook 30 seconds, stirring constantly. Garnish with **sliced green onions**, if desired.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Chickpeas with Couscous, Feta and Soft Boiled Eggs

Prep Time: 10 min.

Cook Time : 20 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

820 calories

15 g total fat

1020 mg of sodium



INGREDIENTS: **** Items not included in kit**

- 4 eggs
- 1 box couscous
- 1 (28 oz.) can Whole Peeled Tomatoes
- 2 cans of chickpeas, drained and rinsed
- 4 garlic cloves
- 1 yellow onion thinly sliced
- 8 oz of sweet peppers thinly sliced
- 1 bunch mint
- 3 oz feta cheese crumbled
- 2 Tbsp capers
- 2 Tbsp seasonings (smoked paprika, ground cumin, ground coriander, dried oregano, cayenne pepper and ground cinnamon)
- Olive oil**

DIRECTIONS:

1. Wash and dry the fresh produce. Combine in a bowl the sliced onions and peppers. Peel and roughly chop **2 cloves of garlic**. Drain and rinse the **chickpeas**. Place the **tomatoes** in a bowl; gently break apart with your hands. Roughly chop the **capers**. Pick the **mint** leaves off the stems; discard the stems.
2. Place **eggs** in a pot and cover with water. Bring to boil and simmer 6 to 7 minutes. Drain thoroughly and rinse under cold water 30 seconds to 1 minute to stop the cooking process. When cool enough to handle, carefully peel the cooked eggs. Season with salt and pepper
3. While the eggs cook, in a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot. Add the **sliced onions and peppers**; season with **salt and pepper**. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Add the **chopped garlic, chickpeas, and spice blend**. Cook, stirring frequently, 2 to 3 minutes, or until thoroughly combined. Add the **tomatoes**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly thickened. Turn off the heat.
4. While the vegetables cook, in a pot, cook the **couscous** following instructions on the box. Fluff with a fork. Add the **chopped capers and 1 teaspoon of olive oil**; stir to combine. Serve the **finished couscous** topped with the **cooked vegetables** and **seasoned eggs**. Garnish with the crumbled **feta cheese** and **mint leaves** (tearing just before adding).

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