

Ingredients



14 oz Firm Tofu



1 Poblano Pepper



1 Tbsp Sesame Oil



2 Tbsps Soy Sauce



½ cup Brown Rice



6 oz Carrots



2 Tbsps Orange Marmalade



3 Tbsps Soy-Miso Sauce



1 Navel Orange



½ lb Brussels Sprouts



1 Tbsp Sambal Oelek



3 Tbsps Roasted Cashews



1 Press the tofu

- Fill a medium pot 3/4 of the way up with water; cover and heat to boiling on high.
- Drain the tofu. Place on a paper towel-lined plate. Place several layers of paper towels on top, then place a separate heavybottomed pot (or pan) on top.
- Set aside to release the excess liquid at least 10 minutes.



2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard the stem ends of the brussels sprouts; quarter lengthwise.
- Halve the **orange** crosswise; squeeze the juice into a medium



- Roughly chop the cashews.
- Cut off and discard the stem of the pepper. Halve lengthwise; remove the ribs and seeds, then large dice. Thoroughly wash your hands, knife, and cutting board immediately after handling.

3 Cook the rice

- Add the **rice** to the pot of boiling water and cook, uncovered, 17 to 19 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.
- Cover to keep warm.



4 Dice & marinate the tofu

- Meanwhile, transfer the pressed tofu to a cutting board, then medium dice.
- Place in a large bowl. Add the soy sauce; gently stir to coat.
 Set aside to marinate at least
 minutes.



5 Cook the vegetables

- In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot
- Add the sliced carrots, quartered brussels sprouts, and diced pepper in an even layer. Cook, without stirring, 4 to 5 minutes, or until lightly browned. Season with salt and pepper.



- Continue to cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired.
 Cover with foil to keep warm.
- Wipe out the pan.

6 Glaze the tofu & serve your dish

- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a piece of tofu sizzles immediately when added, add the **marinated tofu** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.



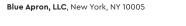
- Continue to cook, stirring occasionally, 3 to 4 minutes, or until lightly browned on all sides.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring frequently and spooning the glaze over the tofu, 1 to 2 minutes, or until the glaze is slightly thickened and the tofu is coated. Turn off the heat.
- Serve the cooked rice topped with the cooked vegetables and glazed tofu (including any glaze from the pan). Garnish with the chopped cashews. Enjoy!

NUTRITION PER SERVING (AS PREPARED)**

Calories: 800, Total Carbohydrates: 103g, Dietary Fiber: 16g, Added Sugars: 20g, Total Fat: 31g, Saturated Fat: 4.5g, Protein: 32g, Sodium: 2130mg.

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Produced in a facility that processes crustacean

shellfish, egg, fish, milk, peanuts, soy, tree nuts,



