

# Ingredients



14 oz Firm Tofu



6 oz Carrots



2 Scallions



1 Tbsp Vegetarian Ponzu Sauce



½ cup Brown Rice



3 oz Shishito Peppers



1 Tbsp Sesame Oil



1 Tbsp Sambal Oelek



4 oz Snow Peas



2 cloves Garlic



3 Tbsps Soy-Miso



1 tsp Black & White Sesame Seeds



### Press the tofu

- Fill a medium pot 3/4 of the way up with salted 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 remaining ingredients & make the sauce

- · Meanwhile, wash and dry the fresh produce.
- $\bullet$  Peel the carrots and thinly slice on an angle.
- Thinly slice the scallions, separating the white bottoms and hollow green tops.
- Peel and roughly chop 2 cloves of garlic.
- Cut off and discard the stems of the peppers; cut crosswise into 1-inch pieces. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- In a bowl, combine the soy-miso sauce, ponzu sauce, and as much of the sambal as you'd like, depending on how spicy you'd like the dish to be.

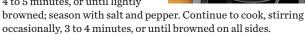


- Add the **rice** to the pot of boiling water and cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



## 4 Prepare & sear the tofu

- Meanwhile, transfer the pressed tofu to a cutting board, then medium dice.
- In a medium pan (nonstick, if you have one), heat the sesame oil on medium-high until hot.
- Add the diced tofu in an even layer. Cook, without stirring, 4 to 5 minutes, or until lightly



- Transfer to a large bowl; cover with foil to keep warm.
- Wipe out the pan.

## 5 Cook the vegetables & serve your dish

- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the sliced carrots and pepper pieces in an even layer. Cook, without stirring, 4 to 5 minutes, or until lightly browned.



- Add the snow peas, sliced white bottoms of the scallions, and chopped garlic; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the sauce (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until slightly thickened.
- Transfer to the bowl of **seared tofu**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the finished tofu and vegetables over the cooked rice. Garnish with the sliced green tops of the scallions and sesame seeds. Enjoy!



