

HelloFresh

Cooking Made Easy

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Crispy Chili-Roasted Tofu

with Sugar Snap Pea Sofrito & Fresh Mint

Almost every culture has its own blend of aromatic vegetables that make up a “sofrito” – our version uses carrot, onion, celery, and sweet bell pepper to give this dish its flavor base. A combination of both soft and crunchy veggies gives this dish textural pizzazz, while spicy roasted tofu adds zip. A little fresh mint over top wakes up all the flavors!



45 min



level 2

nut
free

vegan

gluten
free

Tofu



Carrot



Celery



Red Chili Flakes



Bell Pepper



Stock Concentrate



Onion



Chili Powder



Mint



Sugar Snap Peas



Ingredients	2 People	4 People
Tofu	1)	2 blocks
Sugar Snap Peas		8 oz
Onion		1
Mint		1 sprig
Stock Concentrate		1
Chili Powder		1 t
Celery		1 stalk
Red Chili Flakes		1 t
Carrot		1
Bell Pepper		1
Olive Oil*		2 T

*Not Included

Allergens

1) Soy

Tools

Baking Sheet, Large Pan,

Ruler

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Nutrition per person Calories: 471 cal | Carbs: 25 g | Fat: 26 g | Protein: 29 g | Fiber: 6 g



1 Preheat oven to 425. Press the **block of tofu** between paper towels to remove excess liquid, then slice into 1-inch cubes. Toss the **cubed tofu** on a baking sheet with **salt, pepper, chili powder**, and 1 tablespoon **olive oil**. Place in the oven and roast for 20-25 minutes, until golden brown and crispy.



2 Meanwhile, halve, core, seed, and remove the white ribs from the **bell pepper**, then finely dice. Peel the **carrot**. Mince **half the carrot** and **half the celery**, then cut the **remaining carrot** and **celery** into thin matchsticks. Cut the **snap peas** in half lengthwise on a diagonal. Halve, peel, and finely dice the **onion**. Chop the **mint leaves**.



3 Make the **sofrito**: Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **diced onion, minced carrot, minced celery**, and as much **chili flake as you dare** and cook, tossing, for 5-6 minutes, until very soft. Add the **diced bell pepper** to the pan and cook, stirring occasionally, another 5 minutes, until soft and slightly caramelized. Season with **salt and pepper**.



4 Add the **snap peas, carrot, celery, stock concentrate**, and ½ cup **water** to the pan with the **bell pepper mixture**. Cook, tossing, for 3-4 minutes, until vegetables are crisp-tender and sauce has thickened. Stir in **half the mint** and season with **salt and pepper**.

5 Toss the **tofu** into the **sofrito** and serve with a sprinkle of **remaining mint**. Enjoy!