



# VEGAN GOLDEN TOFU & MUSHROOM MARSALA

with Roasted Green Beans & Mashed Potatoes

## INGREDIENTS

2 PERSON | 4 PERSON



16 oz | 32 oz  
Potatoes\*



6 oz | 12 oz  
Green Beans



2 Cloves | 4 Cloves  
Garlic



4 oz | 8 oz  
Button Mushrooms



¼ oz | ½ oz  
Parsley



1 | 2  
Tofu  
Contains: Soy



2 TBSP | 4 TBSP  
Flour  
Contains: Wheat



2 TBSP | 4 TBSP  
Vegan Mayonnaise



1 | 2  
Veggie Stock  
Concentrate



1 | 2  
Mushroom Stock  
Concentrate



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

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



## HelloCustom

If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets  
Calories: 810



10 oz | 20 oz  
Bavette Steak  
Calories: 900



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 630





HELLO

## VEGAN MARSALA

Mushroom stock contributes to a rich sauce, and vegan mayo makes for extra-creamy mashed potatoes.

### TOFU TIPS

After pressing out extra moisture, let the tofu cook undisturbed in the pan for a few minutes to help it develop a crispy, golden crust.

### BUST OUT

- Medium pot
- Baking sheet
- Strainer
- Large pan
- Paper towels
- Potato masher
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp) (1 tsp | 1 tsp) 🍳 🍳



### 1 BOIL POTATOES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. **TIP: For a smoother texture, peel potatoes first.**
- Place potatoes in a medium pot with enough **salted water to cover by 2 inches.** Bring to a boil and cook until tender, 15-20 minutes. Reserve **½ cup potato cooking liquid**, then drain. Return potatoes to pot; keep covered off heat until ready to use in Step 5.



### 2 PREP

- While potatoes cook, trim **green beans** if necessary. Peel and mince or grate **garlic**. Trim and quarter **mushrooms** (skip if your mushrooms are pre-sliced!). Roughly chop **parsley**.
- Open and drain **tofu**; press out excess water with paper towels. Halve crosswise, then stand tofu upright and halve vertically. Lay flat and cut into ½-inch cubes.



### 3 ROAST GREEN BEANS

- Toss **green beans** on a baking sheet with a **drizzle of oil, half the garlic, salt, and pepper.**
- Roast on top rack until tender and browned, 12-15 minutes.
- 🍳 Pat **chicken\*** or **steak\*** dry with paper towels and season generously all over with **salt and pepper.** Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or steak; cook chicken until browned and cooked through, 3-5 minutes per side, or cook steak to desired doneness, 5-7 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.



### 4 COAT & FRY TOFU

- Meanwhile, in a shallow dish, combine **half the flour, salt, and pepper.** Add **tofu**; toss until evenly coated.
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add coated tofu and cook, turning occasionally, until golden on all sides, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.

🍳 Use pan used for chicken or steak here.



### 5 MASH POTATOES

- Add **mayonnaise** to pot with **potatoes.** Mash with a potato masher or fork until smooth, adding **splashes of reserved potato cooking liquid** as needed. **(TIP: If potatoes have cooled, mash over medium-low heat.)** Season with **salt and pepper.**



### 6 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for tofu over medium heat. Add **mushrooms, remaining flour, salt, and pepper.** Stir to coat. Cook, stirring occasionally, until mushrooms are softened and lightly crusted, 3-5 minutes.
- Stir in **veggie stock concentrate, mushroom stock concentrate, remaining garlic, and ¾ cup water (1½ cups for 4 servings).** Bring to a simmer; cook until slightly thickened, 2-4 minutes.
- Add **tofu** to **marsala sauce** and stir gently until evenly coated.

- 🍳 Slice **chicken** or **steak** against the grain.
- 🍳 Add chicken or steak to **marsala sauce** along with **tofu.**



### 7 SERVE

- Divide **mashed potatoes** and **green beans** between shallow bowls. Top mashed potatoes with **tofu and marsala sauce.** Garnish with **parsley** and serve.

🍳 \*Chicken is fully cooked when internal temperature reaches 165°.

🍳 \*Steak is fully cooked when internal temperature reaches 145°.

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