



# CRISPY BUFFALO TOFU BITES

with Mac-n-Cheese and Green Beans

VEGGIE

SPICY



HELLO

MAC-N-CHEESE

Cream cheese is the secret ingredient that makes this meal extra rich and tasty



Extra-Firm Tofu



Hot Sauce



Cavatappi



Green Beans



Cheddar Cheese, shredded



Cream Cheese



Chives

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 821

## BUST OUT

- Baking Sheet
- Small Pan
- Large Non-Stick Pan
- Strainer
- Large Pot
- Whisk
- Measuring Spoons
- Unsalted Butter
- Measuring Cups
- 2 (2 tbsp)
- Paper Towel
- Salt and Pepper
- Medium Bowl
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Extra-Firm Tofu 4 200 g | 400 g
- Hot Sauce 🍷 2 tbsp | 4 tbsp
- Cavatappi 1 170 g | 340 g
- Green Beans 170 g | 340 g
- Cheddar Cheese, shredded 2 ½ cup | 1 cup
- Cream Cheese 2 2 tbsp | 4 tbsp
- Chives 10 g | 10 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.



## START STRONG

Preheat the broiler to **high** (to broil the tofu). Trade the spicy Buffalo sauce for your favourite BBQ sauce, if you don't like hot sauce!



### 1 PREP

**Wash and dry all produce.\*** In a large pot, add **12 cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. (**NOTE:** Use the same size pot, water and salt amount for 4 ppl.) Meanwhile, cut the stems off the **green beans**, if needed. Finely chop the **chives**. Pat the **tofu** dry with paper towels, then cut into ¾-inch cubes.



### 4 MAKE MAC-N-CHEESE

When the **cavatappi** is done, reserve **¼ cup pasta water** (dbl for 4 ppl) and drain. Return the **cavatappi** to the same pot. Off the heat, add the **cheddar cheese**, **cream cheese**, **half the chives**, **reserved pasta water** and **1 ½ tbsp butter** (dbl for 4 ppl). Stir together, until a thick and **creamy sauce** forms, 2-3 min. Season with **salt** and **pepper**. Set aside.



### 2 COOK CAVATAPPI AND TOFU

Add the **cavatappi** to the large pot of **boiling water**. Cook, uncovered, stirring occasionally, until the **noodles** are tender, 8-10 min. Meanwhile, on a baking sheet, toss the **tofu** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Broil in the middle of the oven, stirring halfway through cooking, until golden-brown, 9-10 min. Transfer the **tofu** to a medium bowl and set aside.



### 5 MAKE BUFFALO SAUCE

In a microwavable bowl or in a small pan over low heat, melt **½ tbsp butter** (dbl for 4 ppl). Remove the pan from heat and whisk in the **hot sauce**. Pour the **Buffalo sauce** over the **crispy tofu** in the medium bowl. Stir to coat the **tofu**.



### 3 COOK BEANS

Meanwhile, heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **green beans**. Cook, stirring occasionally, until the **beans** are tender-crisp, 4-5 min. Season with **salt** and **pepper**. Set aside.



### 6 FINISH AND SERVE

Divide the **mac-n-cheese** and **green beans** between plates. Sprinkle over the **remaining chives** and top with the **crispy tofu Buffalo bites**. Scrape any **remaining sauce** from the medium bowl over the **tofu bites**.

## DELICIOUS!

These buffalo tofu bites are crispy, tasty and full of flavour!

