



VEGAN HARISSA APRICOT-GLAZED TOFU

with Green Beans, Lemon Cilantro Couscous & Pistachios

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Green Beans



1 | 2
Lemon



¼ oz | ½ oz
Cilantro



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Veggie Stock
Concentrates



1 | 2
Tofu
Contains: Soy



1 TBSP | 2 TBSP
Cornstarch



1 | 2
Apricot Jam



1 TBSP | 1 TBSP
Harissa Powder



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



HELLO

HARISSA POWDER

Our easy-to-sprinkle version of the fiery
North African chile paste

PREP: 5 MIN | COOK: 30 MIN | CALORIES: 590



HELLO FRESH

WEIGHT A MINUTE

If you have time, place tofu between paper towels, top with a cutting board, and add a weight (like a heavy can). This will help the tofu brown more evenly.

BUST OUT

- Zester
- Paper towels
- Baking sheet
- Medium bowl
- Small pot
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 TBSP | 2 TBSP)



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim **green beans** if necessary. Zest and quarter **lemon**. Finely chop **cilantro**. Roughly chop **pistachios**.



2 ROAST GREEN BEANS

- Toss **green beans** on a baking sheet with a **drizzle of oil** and a **pinch of salt and pepper**. Roast on top rack until browned and tender, 12-15 minutes.



3 COOK COUSCOUS

- In a small pot (**medium pot for 4 servings**), combine **couscous**, **half the stock concentrates**, **¾ cup water (1½ cups for 4)**, and a **pinch of salt and pepper**. Bring to a boil, then cover and reduce heat to low; cook until tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



4 START TOFU

- While couscous cooks, pat **tofu** dry with paper towels; dice into ½-inch cubes.
- In a medium bowl, toss tofu with **cornstarch**; season generously with **salt and pepper**.
- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add tofu and cook, stirring occasionally, until golden brown and crispy, 3-4 minutes. (**For 4 servings, you may need to work in batches.**)



5 FINISH TOFU

- Reduce heat to low; stir in **jam**, **remaining stock concentrates**, **½ cup water**, **¼ tsp harissa powder**, and a **squeeze of lemon juice**. (**For 4 servings, use ¾ cup water, ½ tsp harissa powder, and juice from half a lemon.**) Simmer, stirring occasionally, until thickened, 1-2 minutes more.
- Remove from heat; season with **salt and pepper** to taste.



6 FINISH COUSCOUS

- Fluff **couscous** with a fork; stir in **cilantro**, **lemon zest**, **juice from half a lemon** (**whole lemon for 4 servings**), **1 TBSP olive oil** (**2 TBSP for 4**), and a **pinch of salt**.



7 SERVE

- Divide **couscous**, **tofu**, and **green beans** between bowls. Sprinkle with **pistachios** and serve with any **remaining lemon wedges** on the side.

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