



More than Food

hellofresh.com | hello@hellofresh.com



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## Crispy Citrus Tofu

with Smoky Black Beans and Mango Salsa



The secret to crispy tofu is thoroughly drying each slice between paper towels. Once the excess water is absorbed, you'll be able to achieve the perfect golden-brown crust. Paired with a sweet and spicy mango salsa, tofu has never tasted better!



35 min



level 2



vegan



nut free



gluten free



dairy free



Extra Firm Tofu



Red Onion



Jalapeño



Mango



Rice



Black Beans



Lemon



Garlic



Cumin



Cilantro

## Ingredients

	1)	2 People	4 People
Extra Firm Tofu		14 oz	28 oz
Red Onion		1	2
Jalapeño		1	2
Mango		1	2
Rice		½ cup	1 cups
Black Beans		1 can	2 cans
Lemon		1	2
Garlic		2 cloves	4 cloves
Cumin		1 t	2 t
Cilantro		1 bunch	2 bunches
Oil*		2 T	4 T

\*Not Included

## Allergens

1) Soy

## Tools

Small Pot, Zester,  
Large Pan, Medium Bowl,  
Paper Towels, Peeler,  
Strainer

**Nutrition per person** Calories: 785 cal | Carbs: 100 g | Fat: 24 g | Protein: 40 g | Fiber: 30 g

Ruler

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**1** In a small pot, bring **1 cup water** with a large pinch of **salt** to a boil. Once boiling, add the **rice**, cover, and reduce to a simmer for 15 minutes, until tender.

**2** **Prep the tofu:** Cut the **tofu** into ½-inch slices, then press each slice between paper towels to remove excess liquid.



**3** **Prep your ingredients:** mince or grate the **garlic**. Chop the **cilantro leaves** and **stems**, keeping both separate. Peel the **mango**, then carefully slice around the flat pit to remove the flesh. Cut the **mango flesh** into ½-inch cubes. Halve, peel, and finely dice the **red onion**. Drain and rinse the **black beans**. Zest and halve the **lemon**. Mince the **jalapeño**, removing the ribs and seeds if you prefer less heat.

**4** Season the **tofu** with **salt, pepper, lemon zest**, and **half the cumin**. Juice **half a lemon** over the tofu and set aside.



**5** **Make the mango salsa:** in a medium bowl, combine the **mango, cilantro leaves**, 1 teaspoon **oil**, **remaining lemon juice**, and **as much jalapeño** and **red onion** as you like. Season with **salt** and **pepper**.

**6** Heat 2 teaspoons **oil** in a small pot over medium heat. Add the **cilantro stems** and **half the onion** to the pan and cook, tossing, for 5 minutes, until softened. Add the **garlic** and **remaining cumin** and cook 30 seconds, until fragrant. Season with **salt** and **pepper**. Add the drained **black beans** to the pan and cook, tossing 2-3 minutes, until warmed through. Cover and set aside.



**7** Heat 1 tablespoon **oil** in a large pan over high heat. Add the **tofu** and cook 2-3 minutes per side, until golden brown and slightly crispy.

**8** Fluff the **rice** with a fork, then serve with the **black beans, crispy tofu**, and **mango salsa**. Enjoy!