



More than Food

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## Barbecue Tofu

with Cheesy Polenta and Green Bean-Corn Hash

We've said it once and we'll say it again: the trick to tasty tofu is pressing out all that excess water. Doing so allows for a crispy exterior—perfect for drizzling with tangy-sweet barbecue sauce. Creamy, cheddar-spiked polenta and a sweet corn hash complete the dish.



45 min



level 2



veggie



gluten free



nut free



spicy



Extra Firm Tofu



Polenta



Red Onion



Jalapeño



Corn on the Cob



Green Beans



Garlic



Cheddar Cheese, Shredded



BBQ Spice Blend



Vegetable Stock Concentrate



Hot Sauce



Ketchup



Red Wine Vinegar

## Ingredients

|                             | 2 People | 4 People |
|-----------------------------|----------|----------|
| Extra Firm Tofu             | 1) 14 oz | 28 oz    |
| Polenta                     | ½ C      | 1 C      |
| Red Onion                   | 1        | 2        |
| Jalapeño                    | 1        | 2        |
| Corn on the Cob             | 1        | 2        |
| Green Beans                 | 4 oz     | 8 oz     |
| Garlic                      | 2 cloves | 4 cloves |
| Cheddar Cheese, Shredded    | 2) 2 oz  | 4 oz     |
| BBQ Spice Blend             | 1 t      | 2 t      |
| Vegetable Stock Concentrate | 1        | 2        |
| Hot Sauce                   | 1 T      | 2 T      |
| Ketchup                     | 2 T      | 4 T      |
| Red Wine Vinegar            | 2 T      | 4 T      |
| Oil*                        | 2 t      | 4 t      |

\*Not Included

## Allergens

- 1) Soy
- 2) Dairy

## Tools

Baking Sheet,  
Small Bowl, 2 Medium Pots,  
Large Pan, Whisk

Ruler

0 in ¼ in ½ in ¾ in 1 in

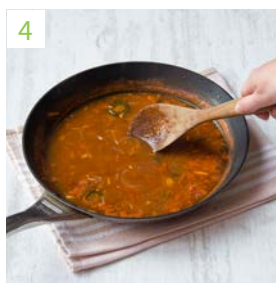
**Nutrition per person** Calories: 624 cal | Carbs: 68 g | Fat: 25 g | Protein: 30 g | Fiber: 11 g | Sodium: 1027 mg



**1 Prep and cook the tofu:** preheat the oven to 400 degrees. Cut the **tofu** in half horizontally. Get the water out of the tofu by gently pressing it between two paper towels. Repeat two or three times until the tofu is relatively dry. Place the tofu on a lightly oiled baking sheet and season on all sides with the **BBQ spice blend, salt, and pepper**. Bake for 35-40 minutes, flipping halfway through cooking, until golden brown.



**2** Mince or grate the **garlic**. Halve, peel, and thinly slice the **red onion**. Trim the **green beans**. Cut the **corn kernels** off the cob. Slice the **jalapeño** as thinly as possible, removing the seeds and ribs if you prefer less heat.



**3 Pickle the red onion:** place ¼ of the **red onion** in a small bowl with the **red wine vinegar**.

**4 Make the barbecue sauce:** heat **1 teaspoon oil** in a medium pot over medium heat. Add the **jalapeño, garlic, and remaining red onion** to the pot and cook, tossing, for 5-6 minutes until it's soft and starts to brown. Add the **ketchup, 2 cups water, the vegetable stock concentrate, and hot sauce** (to taste) to the pot. Simmer for 8-10 minutes, until very thick.



**5** Heat **1 teaspoon oil** in a large pan over medium-high heat. Add the **green beans** and cook, tossing, for 2-3 minutes. Season with **salt and pepper**. Add the **corn** to the pan and cook, tossing, for another 4-5 minutes until the green beans are tender. Season with **salt and pepper**.

**6 Cook the polenta:** bring **2 cups water** to a boil in a medium pot. Once boiling, whisk in the **polenta** slowly to prevent clumping. Reduce heat to low and continue to whisk for 3-5 minutes, until thick but still creamy. Stir in the **cheddar cheese** then season with **salt and pepper**.

**7** Plate the **polenta**, then top with the **tofu** and **barbecue sauce**. Serve alongside the **corn** and **green beans**. Garnish with the **pickled red onion** and enjoy!