

Pasta Caprese with Balsamic-Glazed Tofu

Everyone loves caprese pasta. With fresh mozzarella, basil and fresh tomatoes, it's an Italian classic for good reason. We took it up a notch by adding tofu seared in a balsamic-glazed because we couldn't leave well enough alone.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan
(with cover)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Tricolor Rotini
- Grape Tomatoes
- Zucchini, Diced
- Tomato &
Onion
- Tofu
- Balsamic Glaze
- Fresh Mozzarella

Add Protein Cooking Instructions

CHICKEN - Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes then slice into strips. Stir into the glaze at the end of Step 4.

STEAK - Prior to Step 3, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes then slice into strips. Stir into the glaze at the end of Step 4.

SHRIMP - Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Stir into the glaze at the end of Step 4.

Good to Know

Health snapshot per serving – 630 Calories,
32g Protein, 12g Fat, 100 Carbs , 18 Freestyle Points.

**SCAN QR CODE
to view
YouTube
cooking video**



INGREDIENTS: Tomatoes, Tofu, Tricolor Rotini, Fresh Mozzarella, Zucchini, Yellow Onion, Balsamic Vinegar, Brown Sugar, Basil, Garlic, Oregano.

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1. Get Started

Bring a large saucepan of water to boil.

2. Cook the Rotini

Add the **Tricolor Rotini** to the boiling water with a dash of salt and cook until al dente about 8 to 10 minutes. Drain, return to the saucepan and cover.

3. Cook the Veggies

While the rotini is cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Grape Tomatoes** and **Zucchini, Diced Tomato & Onion**. Cook until the veggies start to char about 5 to 6 minutes. Transfer the cooked veggies to the saucepan with the rotini and mix well. Cover and set aside until step 5. Wipe out the skillet.

4. Sear and Glaze the Tofu

Heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Add the **Tofu** and cook undisturbed until it starts to brown, about 2 minutes, stir and cook for another two minutes. Add the **Balsamic Glaze** and cook, stirring occasionally, until the glaze thickens and sticks to the tofu, about 2 to 3 minutes.

5. Put It All Together

Serve the glazed tofu over the rotini and veggies and top with the **Fresh Mozzarella**. Enjoy!

Instructions for two servings.

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