

Sweet & Sour Tofu Over Sesame Noodles

Sweet and Sour might be the world's favorite stir fry sauce. Soy, brown sugar, pineapple, and spices come together to transform dinner. This week we're cooking it up with seared peppers and onions, tofu and Somen noodles, then serving it topped with caramelized pineapple. It's a delicious dinner we can't get enough of.

25 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Tofu
Pineapple Rings
Peppers & Onions
Somen Noodles
Sweet & Sour Sauce
Herbs & Sesame
Seeds

Make the Meal Your Own

If you ordered the **Carb Conscious version**, we sent you broccoli instead of the Somen noodles, reducing the total carbs to **35g per serving**. Before step 4, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the broccoli and cook until it starts to char, about 2 to 3 minutes. Transfer directly to serving plates.

If you are cooking the **gluten-free version**, we sent you glass noodles. Boil enough water to completely submerge the glass noodles, then place them in a mixing bowl large enough for them to lie flat on the bottom. When the water is boiling, carefully pour the water over the glass noodles until they are completely submerged. Let the noodles soak for 2 to 3 minutes until they are soft. Remove the noodles from the hot water, place in a colander and drain the noodles well.

Good to Know

Health snapshot per serving – 621 Calories, 33g Protein, 14g Fat, 92g Carbs, 12 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Tofu, Somen Noodles, Pineapple, Bell Peppers, Red Onion, Tomato, Ketchup, Sesame Seeds, Garlic, Basil, Mint, Red Wine Vinegar, Tamari, Brown Sugar.

meez meals

1. **Get Organized**

Bring a saucepan of water to boil with a few pinches of salt.

2. **Prepare the Tofu**

Heat 2 Tbsp of olive oil in the skillet over medium high heat. When the oil is hot, add the **Tofu** and cook until one side browns, about 3 to 4 minutes. Flip and cook until the other side is brown, an additional 3 to 4 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

3. **Make the Pineapple Ring**

Pat dry the **Pineapple Rings**, then arrange in a single layer in the now empty skillet over medium high heat. Cook until the pineapple starts to brown and caramelize, about 3 minutes. Flip and cook until the other side starts to brown and caramelize, about another 2 minutes. (It is ok if ring breaks, you just want the pineapple to be seared on 2 sides.) Remove from the skillet and set aside. Do not wipe out the pan.

4. **Sauté the Veggies**

Turn the heat to high, add 1 Tbsp olive oil to the now empty skillet. When the oil is hot, add the **Peppers & Onions** with a light sprinkle of salt and pepper. Cook until the peppers start to char, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the pan.

5. **Cook the Noodles**

Add the **Somen Noodles** to the boiling water and cook until al dente, about 3 minutes. Drain the noodles really well, return to the saucepan, and cover.

6. **Make the Sauce**

While the noodles are cooking, add the **Sweet & Sour Sauce** to the now empty skillet and bring it to a boil. Cook until the sauce starts to thicken and coats the back of a spoon, about 2 minutes. Stir in the tofu and the veggies and cook until they are warm, about 1 minute.

7. **Put It All Together**

Serve the tofu, veggies, and sauce over the noodles. Top with **Herbs & Sesame Seeds**, and cooked pineapple. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois