

## Korean Street Toast

Korea is famous for its street food, and this recipe combines some of our favorite elements. We're serving five-spice tofu on toasted panini bread with a fried egg and generous helping of Sesame-Miso vegetables. It's one part speed-meal, one part comfort food and hands-down delicious.

### Getting Organized

#### EQUIPMENT

Large Skillet

#### FROM YOUR

#### PANTRY

Olive Oil

Salt & Pepper

Eggs (1 per serving)

#### 4 MEEZ

#### CONTAINERS

Vegetables

Sesame-Miso Dressing

Panini Bread

5-Spice Tofu

### Add Protein Cooking Instructions

**CHICKEN** - Loosely wrap each piece of chicken and pound with a meat mallet or small pot until about 1/2" thick. Before 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 3 to 4 minutes on each side. Let rest for 5 minutes. Put on the sandwich in Step 5.

**SHRIMP** -Before 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. Put on the sandwich in Step 5.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

### Good to Know

If you ordered the **Carb Conscious version** we sent you romaine lettuce instead of the bread reducing the **carbs per serving to 26g**. Skip step 2 and prior to step 3, spread a generous drizzle of Sesame-Miso Dressing on one or two lettuce leaves per serving and continue with the instructions using the lettuce in place of the bread to create a lettuce boat.

**Health snapshot per serving** – 700 Calories, 30g Protein, 43g Fat, 53g carbs, 17 Freestyle Points.

**Lightened-Up Health snapshot per serving** – 520 Calories, 34g Fat, 33g carbs, 11 Freestyle Points using ¾ of the dressing and half the bread.

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

SCAN QR CODE  
to view  
YouTube  
cooking video



INGREDIENTS: 5-Spice Tofu, Rustic White Panini Bread, Cabbage, Carrot, Zucchini, Green Onion, Mayonnaise, Black Sesame Seeds, Garlic, Miso, Tamari, Gochujang, Rice Wine Vinegar, Sesame Oil, Brown Sugar.

meez *meals*

### 1. Toss the Vegetables with the Sesame-Miso Dressing

Combine the **Vegetables** and half the **Sesame-Miso Dressing** in a large mixing bowl. Toss and refrigerate until step 5.

### 2. Grill the Bread

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Panini Bread** and toast until the bottom starts to brown, about 30 seconds, and flip to toast the other side until it is brown too. Do not wipe out the skillet.

Transfer the toast to serving plates and spread each piece with a generous drizzle of Sesame-Miso Dressing.

### 3. Sear the Tofu

Return the now-empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. Add the **5-Spice Tofu** and cook until it darkens and become slightly crispy, about 1 minute. Flip and cook until the other side crisps slightly too, about another minute. Arrange the seared tofu on two of the pieces of toast. Do not wipe out the skillet.

### 4. Fry the Eggs

Return the now-empty skillet to the stove over medium-high heat. Crack one egg in the skillet and cook until the white is opaque and the yolk has set, about 1 to 2 minutes. Salt and pepper to taste and place the sunny-side-up egg on top of the seared tofu. Repeat so you have one for each serving. Enjoy!

*If you prefer your eggs, over-easy or scrambled, go for it.*

### 5. Put It All Together

Top the eggs with some of the sesame-miso tossed vegetables (whatever fits comfortably on the sandwich) and close the sandwiches with another piece of toast. Serve the remaining sesame-miso vegetables on the side. Enjoy!

Instructions for two servings.

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