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 magically with seared peppers and onions, tofu and 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

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips *(flake the salmon, leave shrimp whole)* and stir into the sauce in step 6.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat *(high for steak.)* When the oil is hot, cook the protein until the:
CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.
STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.
SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.
SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

For **Carb Conscious**, we sent you broccoli instead of 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.

For **gluten-free**, cook rice noodles until tender, about 5 minutes, drain and rinse under cold water.

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

SCAN QR CODE to view YouTube cooking video

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.

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