



Look for regular rotations to the menu for new and seasonal meal choices.



All ingredients included! See details on back of package.

Met Meal Kits are made in our kitchen with the freshest ingredients for a fun and easy way to prepare dinner. We've developed meals that are ready in about 15-30 minutes to help accommodate your busy schedule.

We've included everything you need, no need to pull anything from your pantry, and you won't have to worry about wasting any food or ingredients.

Met Meal Kits are ready in a few simple steps, and our chefs have included a few helpful tips and fun facts along the way.

INGREDIENTS: Jasmine Rice, 5 Spice Tofu, Kimchi, Barbecue Sauce, Broccoli, Teriyaki Sauce, Snow Peas, Corn, Carrots, Sunflower Oil, Shiitake Mushrooms, Green Onion, Black Sesame Seeds

ALLERGENS: wheat, soy

TOFU DONBURI

A SAVORY RICE BOWL WITH FIVE-SPICE TOFU, STIR-FRIED VEGETABLES WITH KIMCHI, AND TOASTED SESAME SEEDS

SERVES 2 | MEAT FREE | QUICK & EASY



TOOLS YOU'LL NEED:

- Large non-stick skillet
- Heat-safe spatula
- Large serving spoon (recommended)

At Metropolitan Market, we know there's a lot of packaging in meal kits, and we are always working towards more sustainable practices. Most of the packaging used is either recyclable or compostable.

DID YOU KNOW?

Five spice is a mix of star anise, cloves, cinnamon, Sichuan pepper, and fennel. It is commonly used in Chinese and Taiwanese cooking.

This dish features our favorite donburi sauce and five-spice tofu.



1. HEAT RICE

- Pop open lid from one side of the microwave-safe **cooked jasmine rice** container so the lid sits loosely on the container.
- Microwave on high for 2 minutes, then let sit covered.



2. PREPARE FOR STIR-FRY

- Remove lids from all containers so they can quickly be added to skillet.



3. COOK VEGETABLES

- Preheat skillet on medium-high heat until hot.
- Empty **vegetable mix with oil** into the pan and cook 2-3 minutes, stirring occasionally, until the corn begins to jump.

PRO TIP: A preheated skillet will cook food faster and more evenly without drying it out.



4. HEAT TOFU

- Use the spatula to push the vegetables to one side of the skillet, then add the **five-spice tofu** to the empty side.
- Heat for 1 minute.



5. ADD SAUCE

- Turn heat to high.
- Add **donburi sauce** and mix to coat.
- Cook an additional 20 seconds until the sauce thickens slightly, then turn off the heat.



6. PLATE + GARNISH

- Spoon hot rice into 2 bowls.
- Spoon vegetables and sauce over the rice.
- Top with **kimchi** and sprinkle with **sesame seeds**.