Spicy Chipotle Tofu & Rice Bowls
with Avocado & Marinated Vegetables

Ingredients

Did You Know?
Draining the excess liquid is vital! It helps the tofu develop a crisp, golden brown exterior and absorb more delicious flavor.

- 14 oz FIRM OR EXTRA FIRM TOFU
- 1 AVOCADO
- ½ lb GREEN CABBAGE
- 2 Tbsp RICE VINEGAR
- 2 Tbsp CHIPOTLE CHILE PASTE
- ½ cup BROWN RICE
- 4 oz GRAPE TOMATOES
- 2 cloves GARLIC
- 2 Tbsp TOMATO PASTE
- ½ cup PLAIN NONFAT GREEK YOGURT

To top a base of hearty brown rice, you'll coat bites of seared tofu with fiery chipotle paste, then temper the bold flavors with creamy avocado, crisp marinated vegetables, and a dollop of cooling yogurt.

MATCH YOUR BLUE APRON WINE

Zesty & Tropical
Wine is not included in SmartPoints®

SmartPoints® value per serving 16 12 7

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1. **Press the tofu:**
   - Fill a medium pot ¾ of the way up with water; add a big pinch of salt. Cover and heat to boiling on high.
   - Drain the tofu, then place on a paper towel-lined work surface. Place several layers of paper towels on top, then place a separate heavy-bottomed pot (or pan) on top of the paper towels. Set aside to release the excess liquid at least 10 minutes.

2. **Cook the rice:**
   - Meanwhile, add the rice to the pot of boiling water and cook, uncovered, 17 to 19 minutes, or until tender.
   - Drain thoroughly.

3. **Prepare the ingredients & marinate the vegetables:**
   - Meanwhile, wash and dry the fresh produce.
   - Peel and finely chop 2 cloves of garlic.
   - Cut out and discard the core of the cabbage; thinly slice the leaves.
   - Halve the tomatoes.
   - In a large bowl, combine the sliced cabbage and halved tomatoes. Add the vinegar and season with salt and pepper; stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
   - Halve and pit the avocado. Using a spoon, remove the avocado from the skin, then thinly slice. Season with salt and pepper.

4. **Sear the tofu:**
   - While the vegetables marinate, transfer the pressed tofu to a cutting board; medium dice.
   - In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
   - Add the diced tofu in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring occasionally, 3 to 4 minutes, or until lightly browned on all sides.

5. **Finish the tofu & serve your dish:**
   - Move the seared tofu to one side of the pan.
   - To the other side, add the tomato paste, chopped garlic, and as much of the chile paste as you’d like, depending on how spicy you’d like the dish to be. Cook, stirring the mixture constantly, 30 seconds to 1 minute, or until thoroughly combined.
   - Add ½ cup of water (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the tofu is coated and the liquid is thickened.
   - Turn off the heat. Taste, then season with salt and pepper if desired.
   - Season the yogurt with salt and pepper.
   - Serve the cooked rice topped with the finished tofu, marinated vegetables, seasoned avocado, and seasoned yogurt. Enjoy!

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NUTRITION PER SERVING (AS PREPARED) *

- Calories: 710
- Total Carbohydrates: 93g
- Dietary Fiber: 14g
- Added Sugar: 0g
- Total Fat: 23g
- Saturated Fat: 6g
- Protein: 33g
- Sodium: 980mg

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.