

# Sesame & Maple-Glazed Tofu

with Quinoa & Vegetables

VEGETARIAN  
WW™ APPROVED

🕒 40-50 MINS | 2 SERVINGS

For this vibrant dish, you'll sear tofu and glaze it in the pan with a sweet and savory mix of sesame oil, maple syrup, and coconut aminos, then serve it over a colorful bed of quinoa tossed with stir-fried cabbage, carrots, and mushrooms. A garnish of togarashi (a Japanese-style blend of paprika, sesame seeds, dried orange peel, and more) lends a bit of pleasant heat and crunch to each bite.



## MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®



16

12

8

SmartPoints® value per serving



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TOP RATED  
Recipes

## Ingredients



14 oz  
FIRM OR EXTRA  
FIRM TOFU



4 oz  
CREMINI  
MUSHROOMS



2  
SCALLIONS



1/2 lb  
RED CABBAGE



1 Tbsp  
SESAME OIL



1 1/2 Tbsps  
MAPLE SYRUP



1 Tbsp  
WHITE WINE  
VINEGAR



1/2 cup  
RED QUINOA



6 oz  
CARROTS



2 cloves  
GARLIC



2 Tbsps  
COCONUT  
AMINOS\*



1 1-inch piece  
GINGER



1 Tbsp  
TOGARASHI  
SEASONING\*\*

\*seasoning sauce

\*\*Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds



To find out more about Wellness at Blue Apron visit us at [www.blueapron.com/pages/wellness](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.

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### 1 Cook the quinoa:

- ☐ Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- ☐ Once boiling, add the **quinoa** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

### 2 Press the tofu:

- ☐ Meanwhile, drain the **tofu**, then place on a paper towel-lined plate. Place several layers of paper towels on top, then place a heavy-bottomed pot (or pan) on top of the paper towels.
- ☐ Set aside to release the excess liquid at least 10 minutes.



### 3 Prepare the ingredients & make the glaze:

- ☐ Meanwhile, wash and dry the fresh produce.
- ☐ Peel the **carrots**; thinly slice on an angle.
- ☐ Cut the **mushrooms** into bite-sized pieces.
- ☐ Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- ☐ Peel and finely chop the **ginger**.
- ☐ Peel and roughly chop **2 cloves of garlic**.
- ☐ Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- ☐ In a bowl, combine the **sliced cabbage, chopped ginger, chopped garlic, and sliced white bottoms of the scallions**.
- ☐ In a separate bowl, whisk together the **coconut aminos, maple syrup, half the sesame oil, and 1 tablespoon of water**. Taste, then season with salt and pepper if desired.



### 4 Cook the vegetables & finish the quinoa:

- ☐ In a medium pan (nonstick, if you have one), heat the **remaining sesame oil** on medium-high until hot.
- ☐ Add the **sliced carrots and mushroom pieces** in an even layer. Cook, without stirring, 4 to 5 minutes, or until lightly browned.
- ☐ Add the **prepared cabbage mixture**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- ☐ Add the **vinegar**. Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid has cooked off. Turn off the heat.
- ☐ Transfer to the pot of **cooked quinoa**; stir to combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- ☐ Wipe out the pan.



### 5 Cook the tofu & serve your dish:

- ☐ Transfer the **pressed tofu** to a cutting board; cut lengthwise into 4 equal-sized pieces. Season with salt and pepper on both sides.
- ☐ In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- ☐ Add the **seasoned tofu pieces** in an even layer. Cook 5 to 6 minutes, or until browned. Flip and cook 2 to 3 minutes, or until lightly browned.
- ☐ Add **half the glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the tofu, 1 to 2 minutes, or until the tofu is coated.
- ☐ Transfer to a cutting board. Cut crosswise into 1-inch pieces.
- ☐ Serve the **finished quinoa** topped with the **cooked tofu** and **remaining glaze**. Garnish with the **sliced green tops of the scallions** and **as much of the togarashi as you'd like**. Enjoy!



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 600, Total Carbohydrates: 68g, Dietary Fiber: 16g, Added Sugar: 10g, Total Fat: 27g, Saturated Fat: 3g, Protein: 26g, Sodium: 1040mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

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

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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