

Sesame-Ponzu Tofu & Vegetables

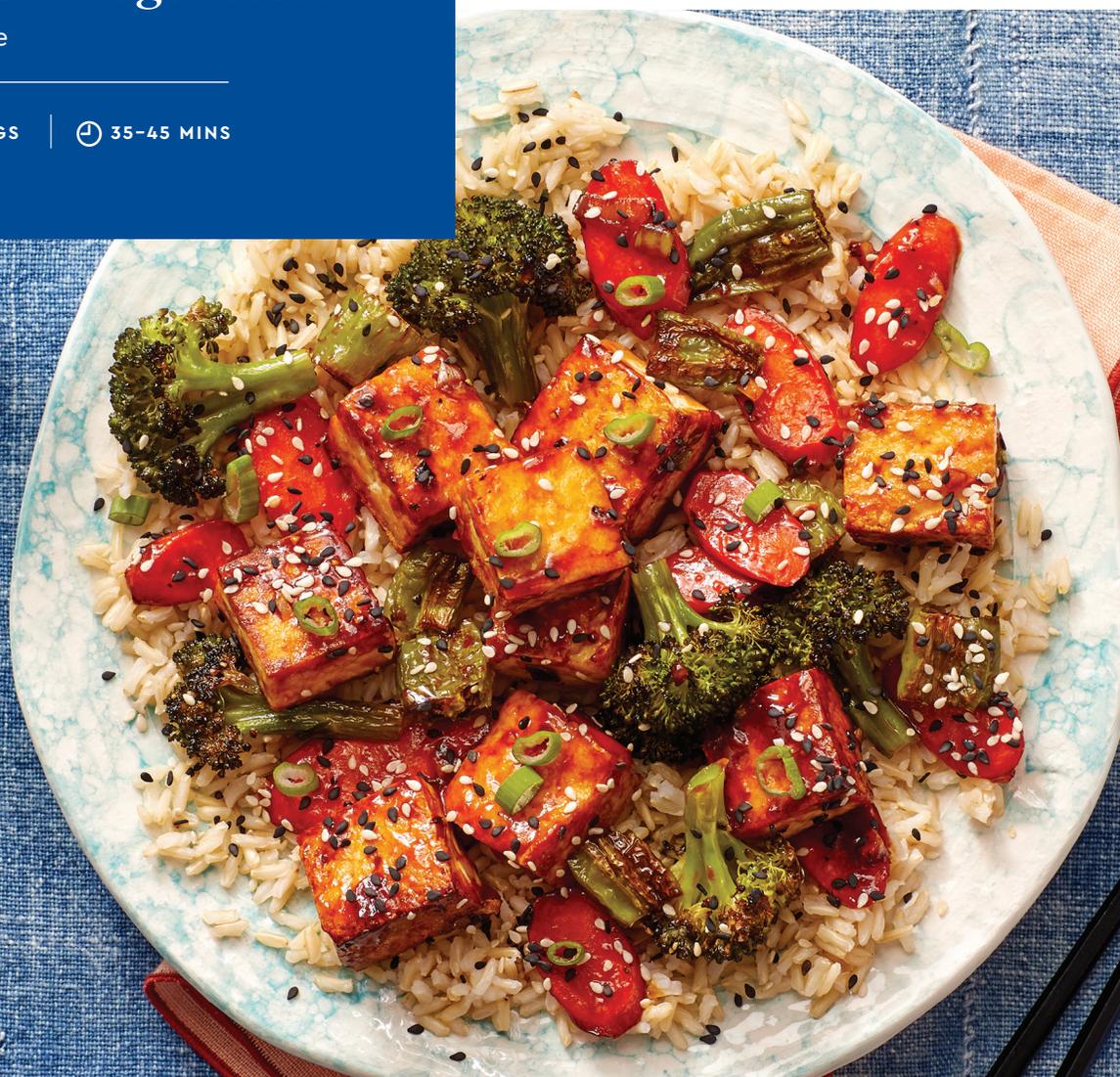
over Rice

4 SERVINGS

35-45 MINS

 Blue Apron

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In tonight's dish, you'll sear tofu in savory sesame oil, then toss it with tender carrots, roasted broccoli and shishito peppers, and an umami-rich combination of citrusy ponzu and soy-miso sauce.

Ingredients

-  14 oz Firm or Extra Firm Tofu
-  1 cup Sushi Rice
-  1 lb Broccoli
-  3/4 lb Carrots
-  3 oz Shishito Peppers
-  2 cloves Garlic
-  2 Scallions
-  1 Tbsp Sesame Oil
-  1/3 cup Soy-Miso Sauce
-  2 Tbsps Vegetarian Ponzu Sauce
-  1 tsp Black & White Sesame Seeds
-  1/4 tsp Crushed Red Pepper Flakes

Wellness at Blue Apron

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VEGETARIAN

600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.
blueapron.com/wine

1 Press the tofu

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Drain the **tofu**, then place on a paper towel-lined work surface. 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.



2 Prepare the remaining ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel the **carrots** and thinly slice on an angle.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the stems of the **peppers**; cut crosswise into 1-inch pieces. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- In a bowl, combine the **soy-miso sauce**, **ponzu sauce**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.



3 Cook the rice

- In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 ¼ cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



4 Roast the broccoli & peppers

- Meanwhile, place the **broccoli florets** and **pepper pieces** on a sheet pan. Drizzle with ½ **teaspoon of olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



5 Prepare & sear the tofu

- Meanwhile, transfer the **pressed tofu** to a cutting board; medium dice.
- In a large pan (nonstick, if you have one), heat the **sesame oil** on medium-high until hot.
- Add the **diced tofu** in an even layer. Cook, without stirring, 4 to 5 minutes, or until lightly browned; season with salt and pepper. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned on all sides.
- Transfer to a large bowl. Wipe out the pan.



6 Cook the carrots & serve your dish

- In the same pan, heat ½ **teaspoon of olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 4 to 5 minutes, or until lightly browned.
- Add the **sliced white bottoms of the scallions** and **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until slightly thickened.
- Transfer to the bowl of **seared tofu**. Add the **roasted vegetables** and gently stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished tofu and vegetables** over the **cooked rice**. Garnish with the **sliced green tops of the scallions** and **sesame seeds**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 470, Total Carbohydrates: 80g, Dietary Fiber: 7g, Added Sugars: 13g, Total Fat: 10g, Saturated Fat: 1g, Protein: 17g, Sodium: 1440mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC
New York, NY 10005

