

# Stir-Fried Tofu & Vegetables

with Spicy Sesame-Peanut Sauce

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com



Look for  
customizable options  
coming to all  
customers soon!

🔗 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 🔗 icon) and instructions tailored to you.\*



Serve with Blue Apron  
wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

## Ingredients



14 oz Firm Tofu 🔗



10 oz Baby Bok Choy



1 piece Ginger



1 Tbsp Sambal Oelek



3 Tbsps Roasted  
Peanuts



10 oz Chopped  
Chicken Breast 🔗



3 oz Shishito  
Peppers



1 Tbsp Sesame Oil



2 Tbsps Soy Sauce



½ cup Long Grain  
White Rice



2 cloves Garlic



2 tsps Honey



2 Tbsps Smooth  
Peanut Butter  
Spread

\*Ingredients may be replaced and quantities may vary.



## 1 Press the tofu

- Remove the **honey** from the refrigerator to bring to room temperature.
- Drain the **tofu**; 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 liquid at least 10 minutes.



## CUSTOMIZED STEP 1 If you chose Chicken

- Remove the **honey** from the refrigerator, but disregard the rest of Step 1.

## 2 Cook the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff with a fork.



## 3 Prepare the ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Peel and roughly chop **2 cloves of garlic**.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Roughly chop the **peanuts**.
- Cut off and discard the stems of the **peppers**; cut into 1/2-inch pieces. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- In a bowl, whisk together the **peanut butter spread**, **sesame oil**, **honey** (kneading the packet before opening), **sambal oelek**, and **1/4 cup of water**.



## 4 Marinate & cook the tofu

- Transfer the **drained tofu** to a cutting board; medium dice. Place in a large bowl. Add the **soy sauce**; stir to coat. Set aside to marinate at least 5 minutes.
- In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high.



### Step 4 continued:

- Once the oil is hot enough that a piece of tofu sizzles immediately when added, add the **marinated tofu** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until lightly browned on all sides.
- Transfer to a plate; immediately season with salt.

## CUSTOMIZED STEP 4 If you chose Chicken

- Pat the **chicken** dry with paper towels; place in a large bowl. Add the **soy sauce** and season with salt and pepper. Stir to coat; set aside to marinate at least 5 minutes.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **marinated chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate.

## 5 Start the stir-fry

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped bok choy** and **pepper pieces**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **chopped garlic** and **chopped ginger**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.



## 6 Finish the stir-fry & serve your dish

- To the pan, add the **cooked tofu** and **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until coated and the sauce is slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **finished stir-fry**. Garnish with the **chopped peanuts**. Enjoy!



## CUSTOMIZED STEP 6 If you chose Chicken

- Finish and serve your dish as directed, adding the **cooked chicken** (instead of tofu).

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 770, Total Carbohydrates: 73g, Dietary Fiber: 10g, Added Sugars: 7g, Total Fat: 40g, Saturated Fat: 6g, Protein: 33g, Sodium: 1840mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](https://blueapron.com/wellness). To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron



110920, 2Pv3