

For loads of Asian-style flavor in this dish, you'll sear tofu in savory sesame oil, then toss it with tender carrots and an umami-rich combination of citrusy ponzu and soy-miso sauce.

Ingredients

- 14 oz Firm Tofu
- 1/2 cup Long Grain White Rice
- ♣ ½ Ib Broccoli
- 72 15 B10000
- 6 oz Carrots
- 3 oz Shishito Peppers
- 2 cloves Garlic
- 2 Scallions

- 1 Tbsp Sesame Oil
- 3 Tbsps Soy-Miso Sauce
- 1 Tbsp Vegetarian Ponzu Sauce
- 1 tsp Black & White Sesame Seeds
- ½ tsp Crushed Red Pepper Flakes

Wellness at Blue Apron

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VEGETARIAN



1 Press the tofu

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Drain the tofu. 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. 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 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

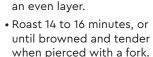
- In a small pot, combine the rice, a big pinch of salt, and 1 cup of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the



rice is tender. Turn off the heat. Fluff with a fork.

4 Roast the broccoli & peppers

 Meanwhile, place the broccoli florets and pepper pieces on a sheet pan.
 Drizzle with olive oil and season with salt and pepper.
 Toss to coat and arrange in an even layer.



• Remove from the oven.



5 Prepare & sear the tofu

- Meanwhile, transfer the pressed tofu to a cutting board; medium dice.
- In a medium 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 a drizzle 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 occasionally, 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 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!



Calories: 610, Total Carbohydrates: 85g, Dietary Fiber: 11g, Added Sugars: 13g, Total Fat: 20g, Saturated Fat: 3g, Protein: 27g, Sodium: 1630mg.

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