

# Sesame-Ponzu Tofu & Vegetables

over White Rice

2 SERVINGS













⌚ 35-45 MINS

 **Blue Apron**  
blueapron.com



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 Tbsp Sesame Oil                |
|  ½ cup Long Grain White Rice |  3 Tbsps Soy-Miso Sauce           |
|  ½ lb Broccoli               |  1 Tbsp Vegetarian Ponzu Sauce    |
|  6 oz Carrots                |  1 tsp Black & White Sesame Seeds |
|  3 oz Shishito Peppers       |  ¼ tsp Crushed Red Pepper Flakes  |
|  2 cloves Garlic             |  |
|  2 Scallions                 |  |

## Wellness at Blue Apron

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VEGETARIAN



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.  
[blueapron.com/wine](https://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**. 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.
- 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 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!



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

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

\*\*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.

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