

# Orange & Soy-Glazed Tofu

with Brown Rice, Vegetables & Cashews

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
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## Ingredients



14 oz Firm Tofu



1 Poblano Pepper



1 Tbsp Sesame Oil



2 Tbsps Soy Sauce



½ cup Brown Rice



6 oz Carrots



2 Tbsps Orange  
Marmalade



3 Tbsps Soy-Miso  
Sauce



1 Navel Orange



½ lb Brussels  
Sprouts



1 Tbsp Sambal Oelek



3 Tbsps Roasted  
Cashews



Serve with Blue Apron  
wine that has this symbol  
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### 1 Press the tofu

- Fill a medium pot  $\frac{3}{4}$  of the way up with water; cover and heat to boiling on high.
- Drain the **tofu**. Place on a paper towel-lined plate. Place several layers of paper towels on top, then place a separate heavy-bottomed pot (or pan) on top.
- Set aside to release the excess liquid at least 10 minutes.



### 2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard the stem ends of the **brussels sprouts**; quarter lengthwise.
- Halve the **orange** crosswise; squeeze the juice into a medium bowl. Add the **soy-miso sauce**, **orange marmalade**, **sesame oil**, **2 tablespoons of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Whisk to thoroughly combine.
- Roughly chop the **cashews**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then large dice. Thoroughly wash your hands, knife, and cutting board immediately after handling.



### 3 Cook the rice

- Add the **rice** to the pot of boiling water and cook, uncovered, 17 to 19 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.
- Cover to keep warm.



### 4 Dice & marinate the tofu

- Meanwhile, transfer the **pressed tofu** to a cutting board, then medium dice.
- Place in a large bowl. Add the **soy sauce**; gently stir to coat. Set aside to marinate at least 5 minutes.



### 5 Cook the vegetables

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced carrots**, **quartered brussels sprouts**, and **diced pepper** 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 softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



### 6 Glaze the tofu & serve your dish

- In the same pan, heat a thin layer of oil on medium-high.
- 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.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring frequently and spooning the glaze over the tofu, 1 to 2 minutes, or until the glaze is slightly thickened and the tofu is coated. Turn off the heat.
- Serve the **cooked rice** topped with the **cooked vegetables** and **glazed tofu** (including any glaze from the pan). Garnish with the **chopped cashews**. Enjoy!



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

Calories: 800, Total Carbohydrates: 103g, Dietary Fiber: 16g, Added Sugars: 20g, Total Fat: 31g, Saturated Fat: 4.5g, Protein: 32g, Sodium: 2130mg.

\*\*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

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