

Ponzu-Sesame Tofu & Vegetables

over Brown Rice

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients



14 oz Firm Tofu



6 oz Carrots



2 Scallions



1 Tbsp Vegetarian Ponzu Sauce



½ cup Brown Rice



3 oz Shishito Peppers



1 Tbsp Sesame Oil



1 Tbsp Sambal Oelek



4 oz Snow Peas



2 cloves Garlic



3 Tbsps Soy-Miso Sauce



1 tsp Black & White Sesame Seeds



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

1 Press the tofu

- Fill a medium pot $\frac{3}{4}$ of the way up with salted 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 remaining ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- 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 sambal as you'd like**, depending on how spicy you'd like the dish to be.



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 Prepare & sear the tofu

- Meanwhile, transfer the **pressed tofu** to a cutting board, then 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; cover with foil to keep warm.
- Wipe out the pan.



5 Cook the vegetables & serve your dish

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced carrots** and **pepper pieces** in an even layer. Cook, without stirring, 4 to 5 minutes, or until lightly browned.
- Add the **snow peas**, **sliced white bottoms of the scallions**, and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 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**; 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!

