

Orange Tofu & Brown Rice

with Snow Peas, Kohlrabi & Cashews

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
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🔄 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.*

Ingredients

Customized ingredients



14 oz Firm Tofu 🔄

SWAPPED FOR:



10 oz Chopped Chicken Breast 🔄



3 Tbsps Soy-Miso Sauce



2 Tbsps Orange Marmalade



½ cup Brown Rice



4 oz Snow Peas



2 Scallions



1 Tbsp Sambal Oelek



3 Tbsps Roasted Cashews



1 Kohlrabi



1 Navel Orange



2 Tbsps Coconut Aminos¹



1 Tbsp Sesame Oil



Serve with Blue Apron wine that has this symbol
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¹ seasoning sauce

*Ingredients may be replaced and quantities may vary.

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.



CUSTOMIZED STEP 1 If you chose Chicken

- Fill a medium pot $\frac{3}{4}$ of the way up with water; cover and heat to boiling on high.

2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Cut off the top and bottom of the **kohlrabi** to create a flat surface; using a knife, cut down along the curve of the kohlrabi to remove the green skin. Halve lengthwise; if present, remove the core, then small dice.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- 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**.



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 **coconut aminos**; gently stir to coat. Set aside to marinate at least 5 minutes.



CUSTOMIZED STEP 4 If you chose Chicken

- Meanwhile, pat the **chicken** dry with paper towels.
- Place in a bowl; add the **coconut aminos** and season with salt and pepper. 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 **diced kohlrabi** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **sliced white bottoms of the scallions** and **snow peas**; season with salt and pepper. 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** and **sliced green tops of the scallions**. Enjoy!



CUSTOMIZED STEP 6 If you chose Chicken

- In the same pan, 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, 1 to 2 minutes, or until browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring frequently and spooning the glaze over the chicken, 1 to 2 minutes, or until the glaze is slightly thickened and the chicken is coated and cooked through. Turn off the heat.
- Serve the **cooked rice** topped with the **cooked vegetables** and **glazed chicken** (including any glaze from the pan). Garnish with the **chopped cashews** and **sliced green tops of the scallions**. Enjoy!