

Yuzu & Maple-Glazed Tofu

over Fried Brown Rice

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients

Customized ingredients



14 oz Firm Tofu 

SWAPPED FOR:



10 oz Chopped Chicken Breast 



2 tsp Yuzu Kosho



1 Tbsp Sesame Oil



1/3 cup Asian-Style Sautéed Aromatics



1/2 cup Brown Rice



6 oz Carrots



1 Tbsp Soy Sauce



3 Tbsp Roasted Peanuts



1 Pasture-Raised Egg



10 oz Baby Bok Choy



1 1/2 Tbsp Spicy Maple Syrup



1 tsp Black & White Sesame Seeds



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*Ingredients may be replaced and quantities may vary.

1 Drain & press the tofu

- 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 of the paper towels.
- Set aside to release the excess liquid at least 10 minutes.



↩ SKIP STEP 1 If you chose Chicken

2 Cook the rice

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



3 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 root ends of the **bok choy**; roughly chop.
- Crack the **egg** into a bowl; season with salt and pepper. Beat until smooth.
- Roughly chop the **peanuts**.
- In a separate bowl, combine the **maple syrup**, **yuzu kosho**, **soy sauce**, and **2 tablespoons of water**.



4 Cook & glaze the tofu

- Transfer the **pressed tofu** to a cutting board; medium dice.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **diced tofu**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until lightly browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the tofu is coated.
- Transfer to a bowl; cover with foil to keep warm.
- Rinse and wipe out the pan.



↩ CUSTOMIZED STEP 4 If you chose Chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned 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, 1 to 2 minutes, or until the chicken is coated and cooked through.
- Transfer to a bowl; cover with foil to keep warm.
- Rinse and wipe out the pan.

5 Cook the vegetables & egg

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned.
- Add the **sautéed aromatics** and **chopped bok choy**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Using a spoon, move the vegetables one side of the pan. Add a drizzle of **olive oil** to the other side, then add the **beaten egg**. Cook, constantly stirring the egg, 30 seconds to 1 minute, or until cooked through. Stir the vegetables and egg to combine.



6 Make the fried rice & serve your dish

- Add the **cooked rice** to the pan; stir to thoroughly combine, then arrange in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned and heated through.
- Turn off the heat. Add the **sesame oil**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **fried rice** topped with the **glazed tofu** (including any glaze from the bowl). Garnish with the **chopped peanuts** and **sesame seeds**. Enjoy!



↩ CUSTOMIZED STEP 6 If you chose Chicken

- Make the fried rice and serve your dish as directed with the **glazed chicken** (instead of tofu).