

Spicy Mango Tofu & Brown Rice

with Stir-Fried Vegetables

2 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**

blueapron.com



Your meal may look different due to ingredient tweaks

 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients

 14 oz Firm Tofu 

SWAPPED FOR:

 10 oz Thinly Sliced Beef 

 1 Lime

 3 Tbsps Savory Black Bean-Chile Sauce

 ½ cup Brown Rice

 4 oz Sweet Peppers

 1 bunch Mint

 3 Tbsps Roasted Cashews

 4 oz Snow Peas

 1 piece Ginger

 2 Tbsps Mango Chutney

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

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SmartPoints® value per serving (as packaged)

 Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your SmartPoints may differ from what's above.

To learn more about WW and SmartPoints visit www.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Drain & press the tofu

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Drain the **tofu**, then 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 of the paper towels.
- Set aside to release the excess liquid at least 10 minutes.



↻ CUSTOMIZED STEP 1 *If you chose Beef*

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

2 Prepare the ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stems of the **peppers**; remove the cores. Halve lengthwise, then thinly slice crosswise.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Roughly chop the **cashews**.
- Quarter the **lime**.
- In a large bowl, combine the **mango chutney**, **black bean-chile sauce**, and the **juice of 2 lime wedges**. Stir to combine.
- Pick the **mint** leaves off the stems.



3 Bake & dress the tofu

- Line a sheet pan with foil.
- Using your hands, break the **pressed tofu** into bite-sized pieces.
- Transfer to the sheet pan; drizzle with **olive oil** and season with salt and pepper. Carefully toss to coat (the pieces may crumble).
- Roast 24 to 26 minutes, or until browned and slightly crispy.
- Carefully transfer to the bowl of **sauce**; toss to coat.



↻ CUSTOMIZED STEP 3 *If you chose Beef*

- Separate the **beef**; pat dry with paper towels. Season with salt and pepper.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned beef** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Continue to cook, stirring frequently, 1 to 2 minutes, or until the beef is browned and just cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to the bowl of **sauce**; toss to coat. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.

4 Cook the rice

- Meanwhile, 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.



↻ SKIP STEP 4 *If you chose Beef*

5 Cook the vegetables & serve your dish

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced peppers** and **chopped ginger**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **snow peas**. Cook, stirring occasionally, 2 to 4 minutes, or until lightly browned and softened. Turn off the heat.
- Serve the **cooked rice** topped with the **cooked vegetables** and **dressed tofu**. Garnish with the **chopped cashews** and **mint leaves** (tearing just before adding). Serve the **remaining lime wedges** on the side. Enjoy!



↻ CUSTOMIZED STEP 5 *If you chose Beef*

- Follow the directions in Step 5, but use the pan of reserved fond and serve your dish with the **dressed beef** (instead of tofu).

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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