

Black Bean-Chile Tofu

with Brown Rice & Furikake Peanuts

2 SERVINGS

⌚ 30-40 MINS

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Ingredients



14 oz Firm Tofu



1 Bell Pepper



1/3 cup Savory Black Bean-Chile Sauce



3 Tbsps Roasted Peanuts



1/2 cup Brown Rice



6 oz Carrots



1 Tbsp Sesame Oil



1 tsp Furikake



10 oz Baby Bok Choy



2 Tbsps Vegetarian Ponzu Sauce



3 Tbsps Asian-Style Sautéed Aromatics



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1 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 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 heavy-bottomed pot (or pan) on top of the paper towels.
- Set aside to release the excess liquid at least 10 minutes.



2 Cook the rice

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



3 Bake & dress the tofu

- Meanwhile, 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). Arrange in an even layer.
- Bake 24 to 26 minutes, or until slightly crispy.
- Remove from the oven and carefully transfer to a large bowl. Add the **black bean-chile sauce**; toss to coat.



4 Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Roughly chop the **peanuts**; place in a bowl. Add the **furikake** and **half the sesame oil**; stir to coat.



5 Cook the vegetables & serve your dish

- In a large pan (nonstick, if you have one), heat the **sautéed aromatics** and **remaining sesame oil** on medium-high until hot.
- Add the **sliced carrots** and **diced pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and slightly softened.
- Add the **chopped bok choy**. Cook, stirring frequently, 2 to 3 minutes, or until softened and the bok choy leaves are wilted.
- Add the **ponzu sauce**. Cook, stirring frequently, 30 seconds to 1 minute, or until combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **cooked vegetables** and **dressed tofu**. Garnish with the **furikake peanuts**. Enjoy!

