

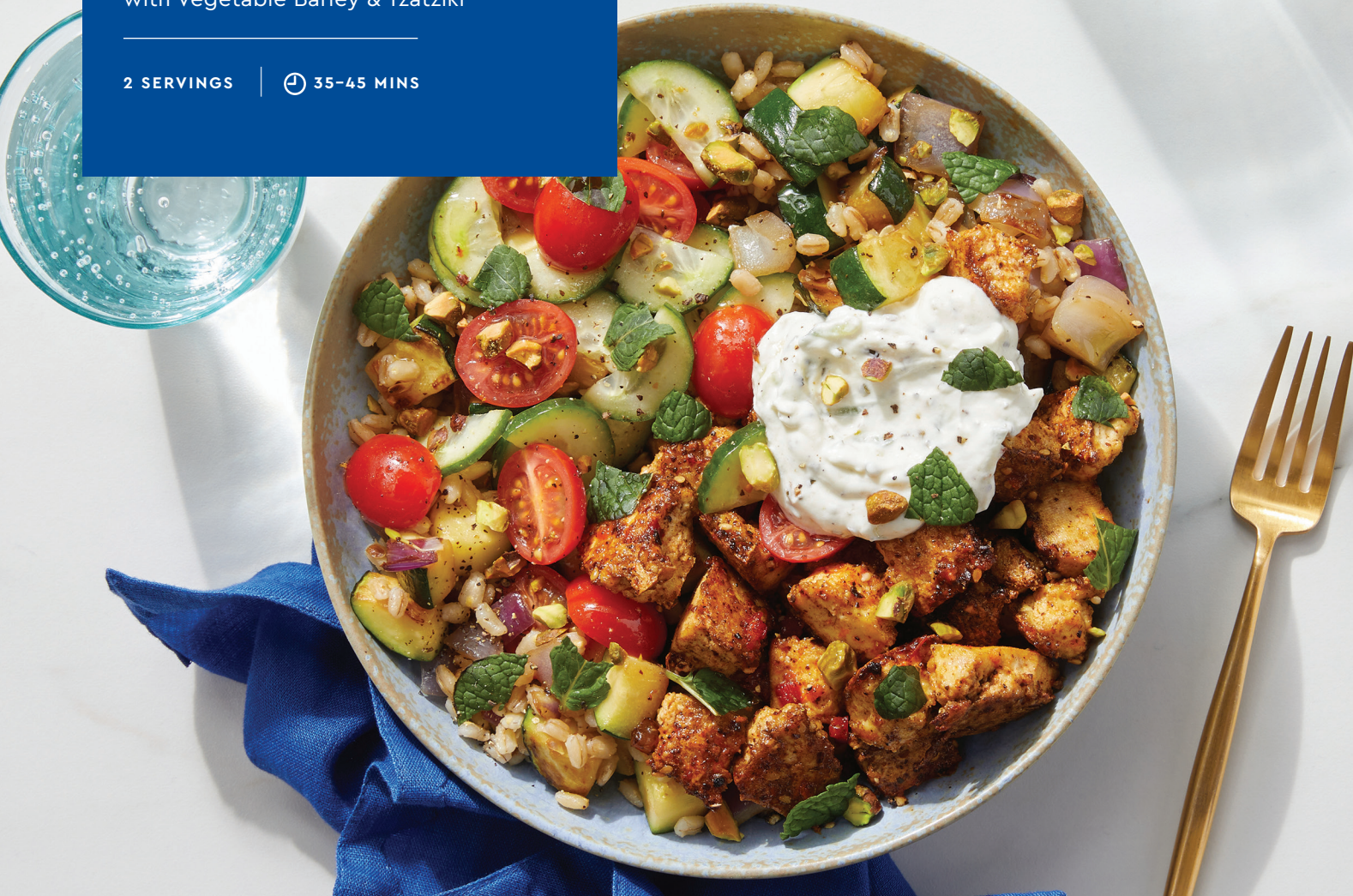
Harissa-Honey Tofu Bowl

with Vegetable Barley & Tzatziki

2 SERVINGS

⌚ 35-45 MINS


 **Blue Apron**
blueapron.com




 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 Extra Firm Tofu 


SWAPPED FOR:

 10 oz Boneless Chicken Breast Pieces 

 1 Persian Cucumber

 1 Tbsp Red Harissa Paste

 2 Tbsps Roasted Pistachios

 ½ cup Pearled Barley

 1 Zucchini


 1 bunch Mint

 2 tsps Honey

 1 Tbsp Za'atar Seasoning²

 1 Red Onion

 4 oz Grape Tomatoes

 ½ cup Tzatziki¹

 1 Tbsp Red Wine Vinegar



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



8 - 12 PersonalPoints[™] range per serving

Now your Points value is personalized to YOU! It could be between 8-12 Points. Scan the barcode to see yours!

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



Scan these barcodes in your WW app to track PersonalPoints. Wine is not included in PersonalPoints calculations.

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1. cucumber-yogurt sauce 2. Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Press the tofu & make the glaze

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven 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.
- In a large bowl, combine the **harissa paste** and **honey** (kneading the packet before opening). Season with salt and pepper; whisk to combine.



⚡ CUSTOMIZED STEP 1 *If you chose Chicken*

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- In a large bowl, combine the **harissa paste** and **honey** (kneading the packet before opening). Season with salt and pepper; whisk to combine.
- Pat the **chicken** dry with paper towels; season with salt, pepper, and the **za'atar**. Transfer to the bowl of **glaze** and stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes.

2 Cook the barley

- Meanwhile, add the **barley** to the pot of boiling water. Cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



3 Roast & glaze the tofu

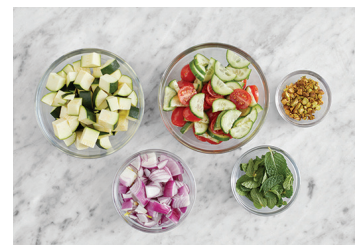
- Line a sheet pan with foil.
- Using your hands, break the **pressed tofu** into bite-sized pieces.
- Transfer to the sheet pan; drizzle with **olive oil** and season with salt, pepper, and the **za'atar**. Carefully toss to coat (the pieces may crumble).
- Roast 24 to 26 minutes, or until slightly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



⚡ SKIP STEP 3 *If you chose Chicken*

4 Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Halve, peel, and medium dice the **onion**.
- Medium dice the **zucchini**.
- Pick the **mint** leaves off the stems.
- Roughly chop the **pistachios**.
- Halve the **tomatoes**.
- Halve the **cucumber** lengthwise; thinly slice crosswise.
- In a bowl, combine the **halved tomatoes**, **sliced cucumber**, a drizzle of **olive oil**, and **half the vinegar**. Season with salt and pepper.



⚡ ADDITIONAL STEP *If you chose Chicken*

- In a medium pan (nonstick, if you have one), heat a drizzle 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, 3 to 4 minutes, or until browned and cooked through.
- Transfer to a bowl; cover to keep warm.
- Rinse and wipe out the pan.

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 **diced onion** and **sliced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring frequently, 2 to 4 minutes, or until softened. Turn off the heat.
- Transfer to the pot of **cooked barley**. Add the **remaining vinegar** and stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **glazed tofu**, **marinated vegetables** (including any liquid), and **tzatziki**. Garnish with the **mint leaves** (tearing just before adding) and **chopped pistachios**. Enjoy!



⚡ CUSTOMIZED STEP 5 *If you chose Chicken*

- Cook the vegetables and serve your dish as directed, using the same pan and topping with the **cooked chicken** (instead of tofu).