

Chipotle-Roasted Tofu Lettuce Cups

with Brown Rice & Sautéed Vegetables

2 SERVINGS

⌚ 30-40 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 head Butter Lettuce



2 tsp Chipotle Chile Paste



2 Tbsp Mayonnaise



½ cup Brown Rice



4 oz Mushrooms



1 Lime



1 Tbsp Fig Spread



1 Tbsp Honey



1 Red Onion



4 oz Sweet Peppers



½ cup Plain Nonfat Greek Yogurt



2 tsp Tamarind Paste



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



7-17

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 7-17 Points. Scan the barcode to see yours!



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

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

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.ww.com. The WW logo, PersonalPoints 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

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Drain & press the tofu

- Place an oven rack in the center of the oven; preheat to 450°F.
- 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.



SKIP STEP 1 If you chose Chicken

2 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Cut the **mushrooms** into bite-sized pieces.
- Halve, peel, and thinly slice the **onion**.
- Halve the **lime** crosswise.
- Cut off and discard the root end of the **lettuce**; separate the leaves.
- Cut off and discard the stems of the **peppers**; remove the cores, then large dice.



3 Cook the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



4 Make the glaze & lime yogurt

- Meanwhile, to make the glaze, in a large bowl, combine the **mayonnaise**, **fig spread**, and the **juice of 1 lime half**.
- In a separate bowl, combine the **yogurt** and the **juice of the remaining lime half**. Season with salt and pepper.



5 Roast & glaze 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, pepper, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Carefully toss to coat (the pieces may crumble). Arrange in an even layer.
- Roast 24 to 26 minutes, or until slightly crispy.
- Transfer to the bowl of **glaze**; toss to coat. Taste, then season with salt and pepper if desired.



CUSTOMIZED STEP 5 If you chose Chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Add **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Toss to coat.
- In a medium pan (nonstick, if you have one), heat a drizzle 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, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to the bowl of **glaze**; toss to coat. Taste, then season with salt and pepper if desired.

6 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 **mushroom pieces**, **sliced onion**, and **diced peppers**. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Add the **tamarind paste**, **honey** (kneading the packet before opening), and **¼ cup of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until the vegetables are coated and the liquid has cooked off.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **lettuce leaves**, **cooked rice**, **cooked vegetables**, **glazed tofu**, and **lime yogurt** separately. Assemble each cup using 2 lettuce leaves. Enjoy!



CUSTOMIZED STEP 6 If you chose Chicken

- Cook the vegetables and serve your dish as directed, using the pan of reserved fond and the **glazed chicken** (instead of tofu).