

# Tofu Bánh Mì

with Sesame-Roasted Romanesco

2 SERVINGS

40-50 MINS

 Blue Apron

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 Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

## Ingredients

Customized ingredients

 14 oz Firm Tofu 

SWAPPED FOR:

 2 Boneless, Skinless Chicken Breasts 

 1 Tbsp Vegetarian Ponzu Sauce

 1 Tbsp Sesame Oil

 2 Tbps Mayonnaise

 2 Small Baguettes

 6 oz Carrots

 1 clove Garlic

 1 Tbsp Sambal Oelek

 2 Tbps Rice Vinegar

 1 Tbsp Sugar

 1 Persian Cucumber

 1 head Romanesco Cauliflower

 3 Tbps Savory Black Bean-Chile Sauce

 2 tsps Honey

 1 Tbsp Togarashi Seasoning<sup>1</sup>

## Cook along on the app



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<sup>1</sup> Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds  
\*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

## 1 Press the tofu & make the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Preheat the oven 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.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a medium bowl, combine the **garlic paste**, **honey** (kneading the packet before opening), **ponzu sauce**, and **black bean-chile sauce**; whisk to thoroughly combine.



## ↻ CUSTOMIZED STEP 1 If you chose Chicken

- Follow the directions in Step 1, but skip the tofu prep.

## 2 Prepare & start the cauliflower

- Wash and dry the fresh produce.
- Line two sheet pans with foil.
- Cut out and discard the core of the **cauliflower**; cut into small florets.
- Transfer to one sheet pan; drizzle with the **sesame oil** and season with salt and pepper. Toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 17 minutes.
- Leaving the oven on, remove from the oven.



## 3 Roast & dress the tofu

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



## ↻ CUSTOMIZED STEP 3 If you chose Chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **togarashi** to coat (you may have extra).
- Transfer to the remaining sheet pan; drizzle with **olive oil**.
- Roast 18 to 20 minutes, or until lightly browned and cooked through.\*
- Transfer to a cutting board. When cool enough to handle, thinly slice crosswise.
- Transfer to the bowl of **sauce**; toss to coat.

## 4 Prepare the remaining ingredients

- Meanwhile, thinly slice the **cucumber** into rounds.
- Peel the **carrots**; grate on the large side of a box grater.
- Halve the **baguettes**.
- In a bowl, combine the **mayonnaise** and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Taste then season with salt and pepper if desired.



## 5 Pickle the vegetables

- In a medium heatproof bowl, combine the **sliced cucumber** and **grated carrots**.
- In a small pot, combine the **vinegar**, **sugar**, and  $\frac{1}{3}$  **cup of water**. Season with salt and pepper. Heat to boiling on high.
- Once boiling, transfer to the bowl of **prepared cucumber and carrots**. Set aside to cool, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



## 6 Toast the baguettes & serve your dish

- Meanwhile, place the **halved baguettes**, cut side up, on the other side of the sheet pan of **partially roasted cauliflower**. Drizzle with **olive oil** and season with salt and pepper.
- Return to the oven and toast 5 to 7 minutes, or until the edges are lightly browned and the cauliflower is tender when pierced with a fork.
- Remove from the oven.
- Transfer the baguettes to a work surface.
- Assemble the **bánh mì** using the **toasted baguettes**, **sambal mayo**, **dressed tofu**, and **as much of the pickled vegetables as you'd like** (discarding any liquid).
- Serve the **bánh mì** with the **roasted cauliflower** on the side. Enjoy!



## ↻ CUSTOMIZED STEP 6 If you chose Chicken

- Toast the baguettes and serve your dish as directed, using the **dressed chicken** (instead of tofu).

\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

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](http://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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