

# Stir-Fried Tofu & Vegetables

with Spicy Sesame-Peanut Sauce


2 SERVINGS


⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com




## Ingredients

 14 oz Extra Firm Tofu

 4 oz Snow Peas

 1 Tbsp Soy Sauce

 2 Tbsps Smooth Peanut Butter Spread

 ½ cup Brown Rice

 2 cloves Garlic


 1 Tbsp Sambal Oelek

 2 tsps Honey

 6 oz Carrots

 1 piece Ginger

 1 Tbsp Sesame Oil

 3 Tbsps Roasted Peanuts



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



**8 - 18** PersonalPoints® range per serving

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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.

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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Cook the rice

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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.



## 2 Drain & press the tofu

- Meanwhile, drain the **tofu**; 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.
- Set aside to release the liquid at least 10 minutes.



## 3 Prepare the remaining ingredients & make the sauce

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; thinly slice on an angle.
- If desired, remove the tough strings from the **snow peas**.
- Peel and roughly chop **2 cloves of garlic**.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Roughly chop the **peanuts**.
- In a bowl, whisk together the **peanut butter spread**, **sesame oil**, **honey** (kneading the packet before opening), **¼ cup of water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



## 4 Marinate & cook the tofu

- Transfer the **pressed tofu** to a cutting board; medium dice.
- Place in a large bowl. Add the **soy sauce**; stir to coat. Set aside to marinate at least 5 minutes.
- In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a piece of tofu sizzles immediately when added, carefully add the **marinated tofu** 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 lightly browned on all sides.
- Transfer to a plate; immediately season with salt.
- Rinse and wipe out the pan.



## 5 Start the stir-fry

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 1 to 2 minutes, or until lightly browned.
- Add the **snow peas**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **chopped garlic** and **chopped ginger**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.



## 6 Finish the stir-fry & serve your dish

- To the pan, add the **cooked tofu** and **sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until coated and the sauce is slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **finished stir-fry**. Garnish with the **chopped peanuts**. Enjoy!

