

Spicy Soy-Glazed Tofu

with Brown Rice, Vegetables & Furikake

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 🔄


 2 tps Gochujang

 2 tps Honey

 1/2 cup Brown Rice

 4 oz Sugar Snap Peas

 1 Tbsp Soy Sauce

 3 Tbps Roasted Cashews

 6 oz Carrots

 3 Tbps Asian-Style Sautéed Aromatics


 1 Tbsp Vegetarian Ponzu Sauce

 1 tsp Furikake

 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



"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.
- 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.
- In a large bowl, combine the **soy sauce**, **honey** (kneading the packet before opening), **1 teaspoon of water**, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be. 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.
- In a large bowl, combine the **soy sauce**, **honey** (kneading the packet before opening), **1 teaspoon of water**, and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper; whisk to combine.

2 Cook the rice

- In a small pot, heat the **sautéed aromatics** on medium-high until hot.
- Add the **rice**. Cook, stirring frequently, 1 to 2 minutes, or until lightly toasted.
- Add a **big pinch of salt** and **1 cup of water** (carefully, as the liquid may splatter). 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.



3 Bake & 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 and pepper. Carefully toss to coat (the pieces may crumble).
- Bake 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.
- Peel the **carrots** and thinly slice on an angle.
- Pull off and discard the tough string that runs the length of each **snap pea** pod; halve the peas crosswise.
- Roughly chop the **cashews**.



↩ ADDITIONAL STEP If you chose Chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- 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. Cover with foil to keep warm.

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 **sliced carrots** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **halved peas**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.
- Turn off the heat. Add the **ponzu sauce**; stir to combine.
- Serve the **cooked rice** topped with the **cooked vegetables** and **glazed tofu**. Garnish with the **chopped cashews** and **furikake**. Enjoy!



↩ CUSTOMIZED STEP 5 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).