

Harissa-Glazed Tofu Bowl

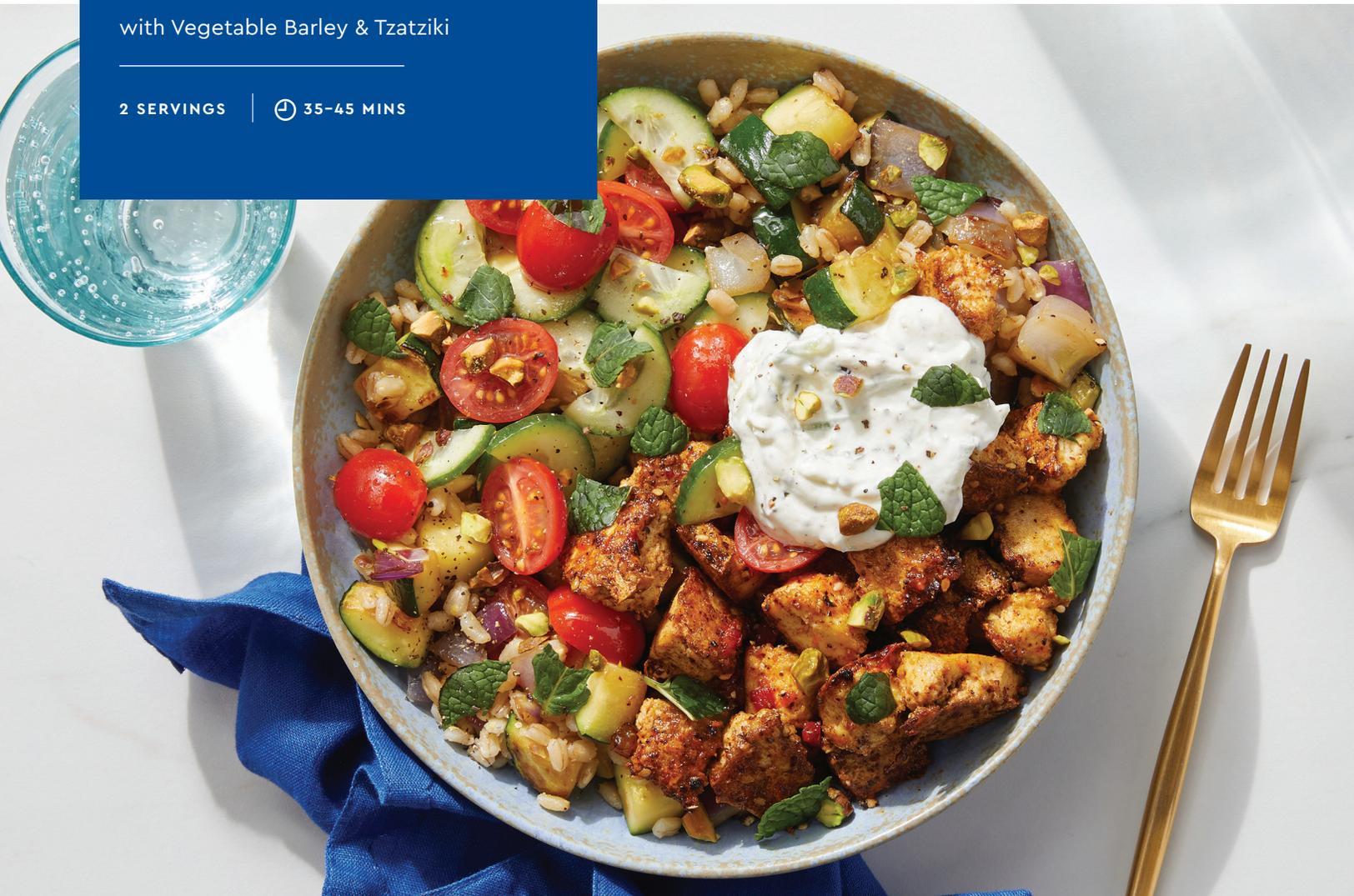
with Vegetable Barley & Tzatziki

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 

 2 Persian Cucumbers

 1 ½ Tbsps Red Harissa Paste

 2 Tbsps Roasted Pistachios

 ½ cup Pearled Barley

 1 Zucchini

 1 bunch Mint

 2 tsps Date Syrup

 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



7-11

PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 7-11 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.

To learn more about the (NEW!) WW PersonalPoints™ program, visit ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

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

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting PersonalPoints?** Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Press the tofu & make the glaze

- 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 **date syrup**. Season with salt and pepper; whisk to combine.



↩ CUSTOMIZED STEP 1 *If you chose Chicken*

- 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 **date syrup**. 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 **cucumbers** lengthwise; thinly slice crosswise.
- In a bowl, combine the **halved tomatoes**, **sliced cucumbers**, a drizzle of **olive oil**, and **half the vinegar**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



↩ 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 with foil 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 **diced 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).

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

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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