

Baked Tofu & Creamy Tomato Curry

with Brown Rice & Cashews

2 SERVINGS



30-40 MINS

 **Blue Apron**
blueapron.com





Ingredients*

Customized ingredients

 14 oz Extra Firm Tofu 

SWAPPED FOR:


 10 oz Tail-On Shrimp¹ 


 2 Scallions

 2 Tbsps Tomato Achaar

 ½ cup Brown Rice


 6 oz Carrots


 ¼ cup Cream

 3 Tbsps Roasted Cashews

 1 Bell Pepper

 1 piece Ginger

 1 8-oz can Tomato Sauce

 2 tsps Vadouvan Curry Powder



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



8 - 17

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 8-17 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.

1. peeled & deveined

*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 & dice 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 separate heavy-bottomed pot (or pan) on top of the paper towels.
- Set aside to release the excess liquid at least 10 minutes.
- Transfer the **pressed tofu** to a cutting board; medium dice.



SKIP STEP 1 If you chose Shrimp

2 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.



3 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice lengthwise.
- Thinly slice the **scallions**, separating the white bottoms and the hollow green tops.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Roughly chop the **cashews**.



4 Bake the tofu

- Meanwhile, line a sheet pan with foil; lightly oil the foil.
- Transfer the **diced tofu** to the foil. Drizzle with **olive oil** and season with salt, pepper, and the **curry powder**; gently toss to coat. Arrange in an even layer.
- Bake 19 to 21 minutes, or until browned and slightly crispy.
- Remove from the oven.



SKIP STEP 4 If you chose Shrimp

5 Cook the vegetables

- Meanwhile, 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, 2 to 3 minutes, or until lightly browned.
- Add the **sliced pepper**, **sliced white bottoms of the scallions**, and **chopped ginger**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened.



CUSTOMIZED STEP 5 If you chose Shrimp

- Meanwhile, pat the **shrimp** dry with paper towels; remove the tails. Place in a bowl; season with salt, pepper, and the **curry powder**. Toss to coat.
- In a large 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, 2 to 3 minutes, or until lightly browned.
- Add the **seasoned shrimp**, **sliced peppers**, **sliced white bottoms of the scallions**, and **chopped ginger**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the vegetables are softened and the shrimp are slightly opaque.

6 Make the curry & serve your dish

- To the pan, add the **tomato sauce** (carefully, as the liquid may splatter) and **tomato achar**. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Add the **cream**. Cook, stirring occasionally, 1 to 2 minutes, or until combined and slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **curry** and **baked tofu**. Garnish with the **sliced green tops of the scallions** and **chopped cashews**. Enjoy!



CUSTOMIZED STEP 6 If you chose Shrimp

- To the pan, add the **tomato sauce** (carefully, as the liquid may splatter) and **tomato achar**. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Add the **cream**. Cook, stirring occasionally, 1 to 2 minutes, or until combined and the shrimp are opaque and cooked through.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **shrimp curry**. Garnish with the **sliced green tops of the scallions** and **chopped cashews**. Enjoy!