

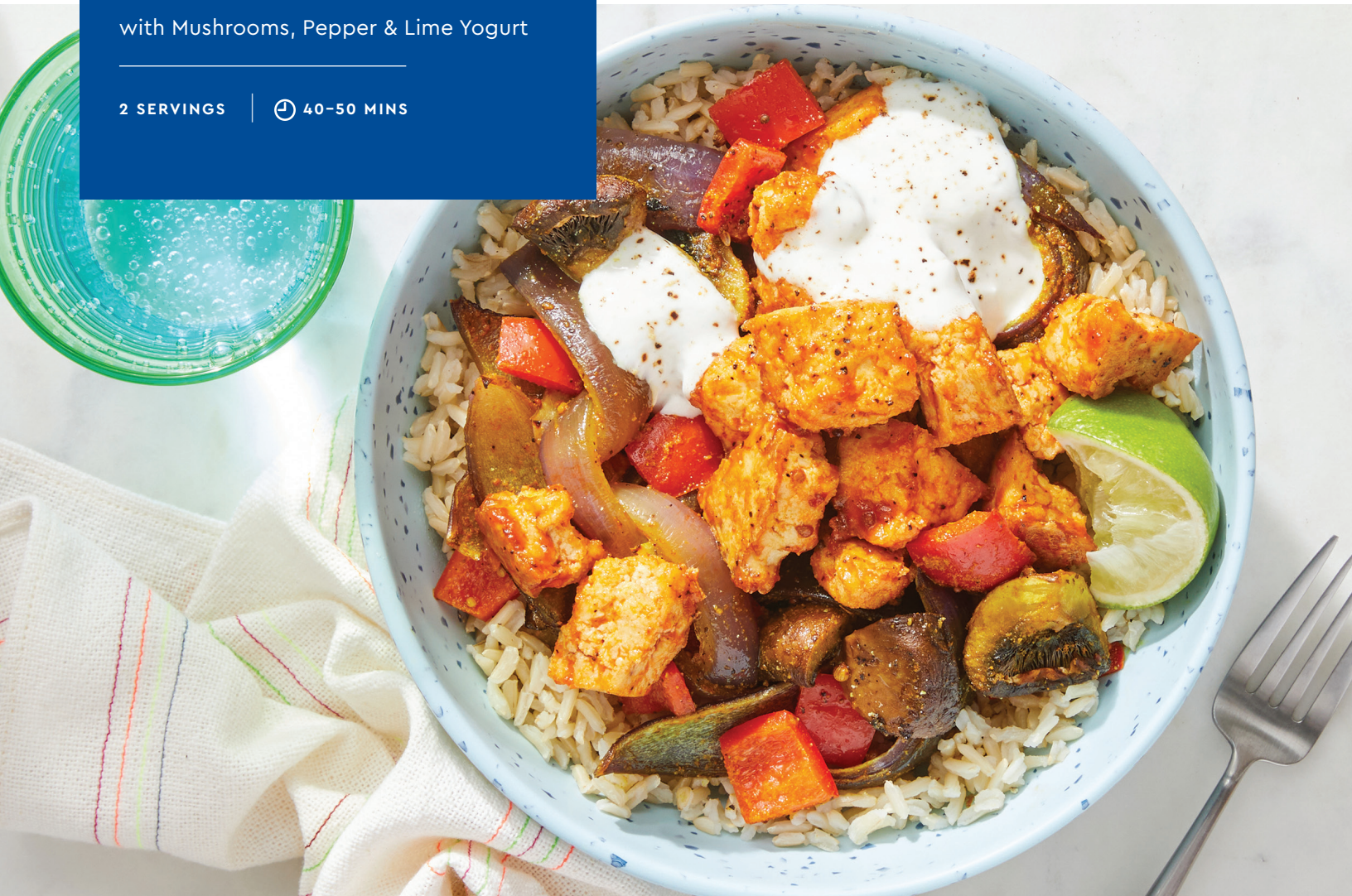
Tomato Achaar Tofu Rice Bowls

with Mushrooms, Pepper & Lime Yogurt


2 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
blueapron.com



Ingredients*

 14 oz Extra Firm Tofu


 4 oz Mushrooms

 ½ cup Plain Nonfat Greek Yogurt

 2 tsps Vadouvan Curry Powder

 ½ cup Brown Rice

 1 Bell Pepper

 2 Tbsps Tomato Achaar

 1 Red Onion

 1 Lime

 2 tsps Honey



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



2 - 12

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 2-12 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.

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

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Drain & press the tofu

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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 heavy-bottomed pot (or pan) on top of the paper towels. Set aside to release the excess liquid at least 10 minutes.



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.
- Cut the **mushrooms** into bite-sized pieces.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then large dice.
- Halve and peel the **onion**; cut into 1-inch-wide wedges.



Step 3 continued:

- Quarter the **lime**.
- In a bowl, combine the **yogurt** and the **juice of 2 lime wedges**. Season with salt and pepper.
- To make the glaze, in a separate, large bowl, combine the **tomato achaar** and **honey** (kneading the packet before opening).

4 Roast & glaze the tofu

- Line two sheet pans with foil.
- Using your hands, break the **pressed tofu** into bite-sized pieces.
- Transfer to one sheet pan; drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 24 to 26 minutes, or until slightly crispy.
- Transfer to the bowl of **glaze**; toss to coat. Taste, then season with salt and pepper if desired.



5 Roast the vegetables & serve your dish

- Meanwhile, transfer the **mushroom pieces**, **diced pepper**, and **onion wedges** to the remaining sheet pan. Drizzle with **olive oil** and season with salt, pepper, and the **curry powder**. Toss to coat and arrange in an even layer.
- Roast 19 to 21 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.
- Serve the **cooked rice** topped with the **roasted vegetables** and **glazed tofu**. Drizzle with the **lime yogurt**. Serve the **remaining lime wedges** on the side. Enjoy!

