

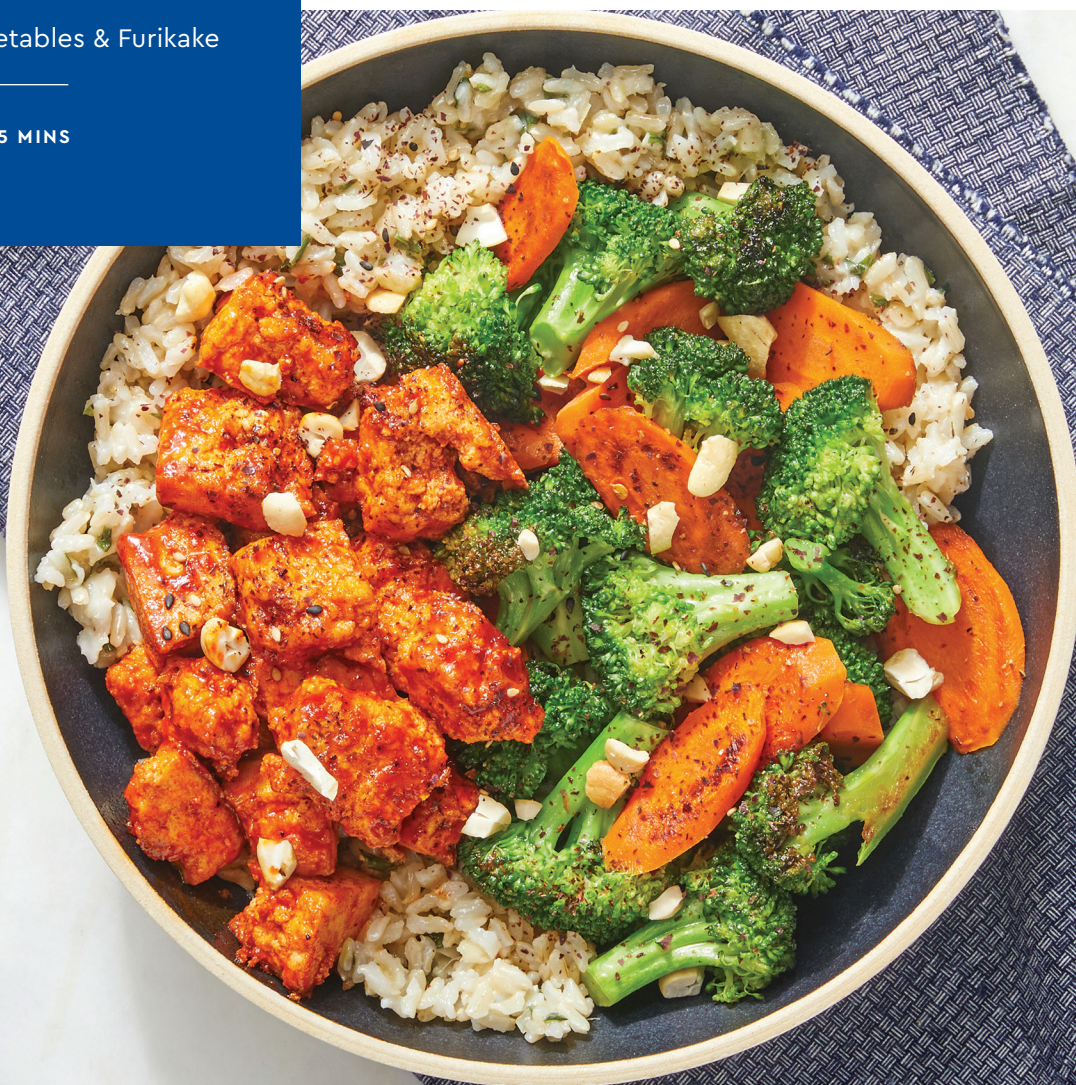
Spicy Soy-Glazed Tofu

with Brown Rice, Vegetables & Furikake

2 SERVINGS

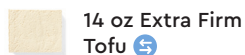
⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients*


Customized ingredients



14 oz Extra Firm Tofu 

SWAPPED FOR:



10 oz Tail-On Shrimp¹ 



2 tsps Gochujang



2 tsps Honey



½ cup Brown Rice



½ lb Broccoli



1 Tbsp Soy Sauce



3 Tbsps Roasted Cashews



6 oz Carrots



3 Tbsps East Asian-Style Sautéed Aromatics



1 Tbsp Vegetarian Ponzu Sauce



1 tsp Furikake



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



6 - 16

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 6-16 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 Press the tofu & make the glaze

- 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.
- In a large bowl, whisk together the **soy sauce**, **honey** (kneading the packet before opening), **1 teaspoon of warm 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.



CUSTOMIZED STEP 1 *If you chose Shrimp*

- Remove the **honey** from the refrigerator to bring to room temperature.
- In a large bowl, whisk together the **soy sauce**, **honey** (kneading the packet before opening), **1 teaspoon of warm 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.

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).



Step 3 continued:

- 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 Shrimp*

4 Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- Roughly chop the **cashews**.



ADDITIONAL STEP *If you chose Shrimp*

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Place in a bowl. Season with salt and pepper. Stir to coat.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned shrimp**. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to the bowl of **glaze**; toss to coat.

5 Cook the vegetables & serve your dish

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** and **broccoli florets** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until the vegetables are softened.
- Turn off the heat. Add the **ponzu sauce**; stir to coat.
- 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 Shrimp*

- Cook the vegetables and serve your dish as directed, using the pan of reserved fond and topping with the **glazed shrimp** (instead of tofu)