

# Harissa-Honey Tofu Bowl

with Vegetable Barley & Labneh

2 SERVINGS



⌚ 35-45 MINS

 **Blue Apron**  
blueapron.com




## Ingredients\*


Customized ingredients


 14 oz Extra Firm Tofu 


SWAPPED FOR:

 10 oz Tail-On Shrimp<sup>1</sup> 

 ¼ cup Labneh Cheese


 2 tsps Honey

 2 Tbsps Sliced Roasted Almonds

 ½ cup Pearled Barley

 1 Zucchini

 4 oz Grape Tomatoes

 1 ½ Tbsps Red Harissa Paste

 1 Tbsp Za'atar Seasoning<sup>2</sup>

 1 Red Onion

 1 Persian Cucumber

 1 bunch Mint

 1 Tbsp Red Wine Vinegar



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



**8 - 12** PersonalPoints<sup>™</sup> range per serving

Now your Points value is personalized to YOU! It could be between 8-12 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.

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints<sup>™</sup> program, visit [www.ww.com](https://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 and deveined 2. Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano  
\*Ingredients may be replaced and quantities may vary.



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.
- 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 **honey** (kneading the packet before opening). Season with salt and pepper; whisk to combine.



## ↻ CUSTOMIZED STEP 1 If you chose Shrimp

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- In a bowl, combine the **harissa paste** and **honey** (kneading the packet before opening). Season with salt and pepper; whisk to combine.
- Pat the **shrimp** dry with paper towels (remove the tails if desired). Transfer to the bowl of **glaze**; season with salt, pepper, and the **za'atar**; 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

- 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, pepper, and the **za'atar**. Carefully toss to coat (the pieces may crumble).



## Step 3 continued:

- Roast 24 to 26 minutes, or until browned and 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.
- Halve, peel, and medium dice the **onion**.
- Medium dice the **zucchini**.
- Pick the **mint** leaves off the stems.
- Halve the **tomatoes**.
- Halve the **cucumber** lengthwise; thinly slice crosswise.
- In a bowl, combine the **halved tomatoes**, **sliced cucumber**, 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 Shrimp

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **marinated shrimp** (including any glaze) in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque.
- Continue to cook, stirring occasionally, 1 to 2 minutes, or until opaque and cooked through.
- Transfer to a separate 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.
- 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 **labneh**. Garnish with the **mint leaves** (tearing just before adding) and **almonds**. Enjoy!



## ↻ CUSTOMIZED STEP 5 If you chose Shrimp

- Cook the vegetables and serve your dish as directed, using the same pan and topping with the **cooked shrimp** (instead of tofu).