

# Korean Tofu & Kimchi Rice Bowls

with Marinated Carrots & Bok Choy

2 SERVINGS



⌚ 35-45 MINS

 **Blue Apron**  
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## Ingredients\*


Customized ingredients


 14 oz Extra Firm Tofu 

SWAPPED FOR:


 2 Steaks 


 1 Tbsp Rice Vinegar

 2 tsp Honey

 1 tsp Black & White Sesame Seeds

 1/2 cup Sushi Rice

 10 oz Baby Bok Choy


 1/3 cup Kimchi

 2 tsp Gochujang

 6 oz Carrots

 2 cloves Garlic

 1 Tbsp Sesame Oil

 3 Tbsp Savory Black Bean-Chile Sauce



Serve with Blue Apron wine that has this symbol  
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\*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

## 1 Drain & press 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 heavy-bottomed pot (or pan) on top of the paper towels. Set aside to release the excess liquid at least 10 minutes.



## SKIP STEP 1 If you chose Steaks

## 2 Prepare the ingredients & make the glaze

- Meanwhile, remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Peel the **carrots** and grate on the large side of a box grater; place in a bowl. Add the **sesame oil** and **vinegar**. Season with salt and pepper; toss to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.
- In a separate, large bowl, combine the **black bean-chile sauce**, **honey** (kneading the packet before opening), and **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.



## 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 and pepper. Carefully toss to coat (the pieces may crumble). Arrange in an even layer.
- Roast 24 to 26 minutes, or until slightly crispy.
- Carefully transfer to the bowl of **glaze**; toss to coat. Taste, then season with salt and pepper if desired.



## CUSTOMIZED STEP 3 If you chose Steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on all sides.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.\*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.

## 4 Cook the rice

- Meanwhile, in a small pot, combine the **rice**, a **big pinch of salt**, and **¾ cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



## 5 Cook the bok choy & serve your dish

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic** and **chopped bok choy**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Turn off the heat.
- Serve the **cooked rice** topped with the **cooked bok choy**, **kimchi**, **marinated carrots**, and **glazed tofu**. Garnish with the **sesame seeds**. Enjoy!



## CUSTOMIZED STEP 5 If you chose Steaks

- Meanwhile, in the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic** and **chopped bok choy**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Turn off the heat.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **cooked rice** topped with the **sliced steaks**, **cooked bok choy**, **kimchi**, and **marinated carrots**. Drizzle with the **glaze**. Garnish with the **sesame seeds**. Enjoy!

\*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

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