

Hoisin-Glazed Tofu over Brown Rice

with Bok Choy & Cashews

2 SERVINGS



⌚ 40-50 MINS

 **Blue Apron**
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Ingredients*

Customized ingredients


 12 oz Extra Firm Tofu 

SWAPPED FOR:

 10 oz Tail-On Shrimp¹ 

 ½ cup Brown Rice


 1 Bell Pepper


 10 oz Baby Bok Choy

 1 piece Ginger

 2 Scallions

 1 Tbsp Rice Vinegar

 2 Tbsps Hoisin Sauce

 3 Tbsps Roasted Cashews

 1 tsp Quatre Épices²



10 Points[®] value per serving



Scan this barcode in your WW app to track Points[™]. Wine is not included in Points[™] as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 Points[™]) instead of olive oil (1 Points[™] value per teaspoon) to coat your pan before heating.

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

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1. peeled & deveined 2. White Pepper, Nutmeg, Ginger & Cloves
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Press the tofu

- Place an oven rack in the center of the oven; preheat to 450°F.
- Drain the **tofu**. 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 *Shrimp*

2 Cook the rice

- In a small pot, combine the **rice**, a **big pinch of salt**, and **1 ¾ cups 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 Roast 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 **quatre épices**. Carefully toss to coat (the pieces may crumble). Arrange in an even layer.
- Roast 24 to 26 minutes, or until slightly crispy.
- Remove from the oven.



↩ **SKIP STEP 3** If you chose *Shrimp*

4 Prepare the remaining ingredients & make the glaze

- Wash and dry the fresh produce.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.



Step 4 continued:

- Cut off and discard the root ends of the **bok choy**; thinly slice crosswise.
- Peel the **ginger**; using a zester or the small side of a box grater, finely grate to get 2 teaspoons (you may have extra).
- Roughly chop the **cashews**.
- In a large bowl, combine the **hoisin sauce** and **vinegar**. Season with salt and pepper; stir to combine.

5 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced pepper** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **sliced bok choy**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned and softened.
- Add the **grated ginger**. Cook, stirring frequently, 1 to 2 minutes, or until combined.
- Turn off the heat.



↩ **CUSTOMIZED STEP 5** If you chose *Shrimp*

- Cook the vegetables as directed, but transfer to a bowl and wipe out the pan.

6 Glaze the tofu & serve your dish

- Transfer the **roasted tofu** to the bowl of **glaze**; toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **cooked vegetables** and **glazed tofu**. Garnish with the **sliced green tops of the scallions** and **chopped cashews**. Enjoy!



↩ **CUSTOMIZED STEP 6** If you chose *Shrimp*

- Pat the **shrimp** dry with paper towels (remove the tails if desired). Place in a bowl. Season with salt, pepper, and the **quatre épices**. Toss to coat.
- In the same pan, 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.
- Transfer to the bowl of **glaze**; toss to coat. Taste, then season with salt and pepper if desired.
- Serve the **cooked rice** topped with the **cooked vegetables** and **glazed shrimp**. Garnish with the **sliced green tops of the scallions** and **chopped cashews**. Enjoy!