

Ingredients*

Customized ingredients



12 oz Extra Firm

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





Points" value

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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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

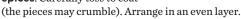
- In a small pot, combine the rice, a big pinch of salt, and 11/4 cups of water. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 23 to 25 minutes, or until the water has been absorbed and the rice is tender.



• 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



- 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.

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
- 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!

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