

# Honey-Sambal Glazed Tofu Bowls

with Brown Rice, Carrots & Bok Choy

2 SERVINGS



⌚ 40-50 MINS

 **Blue Apron**  
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## Ingredients\*

Customized ingredients


 12 oz Extra Firm Tofu 

### SWAPPED FOR:


 10 oz Boneless Chicken Breast Pieces 

 ½ cup Brown Rice

 6 oz Carrots


 10 oz Baby Bok Choy

 2 Scallions

 3 Tbsps East Asian-Style Sautéed Aromatics


 1 Tbsp Seasoned Black Vinegar

 1 Tbsp Sesame Oil

 2 Tbsps Black Bean Sauce

 1 Tbsp Sambal Oelek

 2 tsps Honey

 1 tsp Black & White Sesame Seeds



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

## Cook along on the app



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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**; 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.
- Set aside to release excess liquid at least 10 minutes.



## SKIP STEP 1 If you chose Chicken

## 2 Prepare the ingredients & make the glaze

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Peel the **carrots**; thinly slice on an angle.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a large bowl, whisk together the **black bean sauce**, **vinegar**, **honey** (kneading the packet before opening), and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



## 3 Cook the rice

- In a small pot, combine the **rice**, **sliced white bottoms of the scallions**, 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.



## 4 Prepare & roast the tofu

- Meanwhile, medium dice the **pressed tofu**.
- Line a sheet pan with foil.
- Transfer the **diced tofu** to the foil; drizzle with **olive oil** and the **sesame oil**. Season with salt, pepper, and the **sesame seeds**. 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 4 If you chose Chicken

- Meanwhile, pat the **chicken** dry with paper towels; season with salt, pepper, and the **sesame seeds**.
- In a medium pan (nonstick, if you have one), heat the **sesame oil** and a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to the bowl of **glaze**; toss to coat. Taste, then season with salt and pepper if desired. Cover to keep warm.

## 5 Cook the vegetables & serve your dish

- Once the tofu has roasted about 10 minutes, in a medium pan (nonstick, if you have one) heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped bok choy** and **sautéed aromatics** (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Turn off the heat.
- Serve the **cooked rice** topped with the **cooked vegetables** and **glazed tofu**. Garnish with the **sliced green tops of the scallions**. Enjoy!



## CUSTOMIZED STEP 5 If you chose Chicken

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped bok choy** and **sautéed aromatics** (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Turn off the heat.
- Serve the **cooked rice** topped with the **cooked vegetables** and **glazed chicken**. Garnish with the **sliced green tops of the scallions**. Enjoy!