

Tofu & Vegetable Lo Mein

with Curry-Peanut Sauce & Sesame Seeds

4 SERVINGS

⌚ 35-45 MINS



 **Blue Apron**

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Ingredients*

Customized ingredients

 12 oz Extra Firm Tofu 

SWAPPED FOR:

 18 oz Ground Pork 


 1 lb Lo Mein Noodles

 15 oz Baby Bok Choy

 ¾ lb Carrots

 2 cloves Garlic


 1 Lime


 1 Tbsp Yellow Curry Paste


 ⅓ cup Soy Glaze

 1 Tbsp Sambal Oelek

 2 Tbsps Tahini

 2 Tbsps Coconut Aminos¹

 1 ½ Tbsps Honey Peanut Butter Spread

 1 tsp Black & White Sesame Seeds

1. seasoning sauce

*Ingredients may be replaced and quantities may vary.

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1 Press the tofu

- 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 Ground Pork

2 Prepare the ingredients & make the sauce

- Fill a large pot $\frac{3}{4}$ of the way up with water; season with salt. Cover and heat to boiling on high.
- 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.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **lime** crosswise.
- In a bowl, whisk together the **peanut butter spread**, **soy glaze**, **tahini**, **the juice of both lime halves**, $\frac{1}{4}$ cup of water, as much of the **curry paste as you'd like** and as much of the **sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



3 Marinate & cook the tofu

- Transfer the **pressed tofu** to a cutting board; medium dice.
- Place in a bowl. Add the **coconut aminos**; stir to coat. Set aside to marinate, stirring occasionally, at least 5 minutes.
- In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a piece of tofu sizzles immediately when added, carefully add the **marinated tofu** in an even layer. Cook, without stirring, 4 to 5 minutes, or until browned.
- Continue to cook, stirring occasionally, 4 to 5 minutes, or until browned on all sides.
- Transfer to a plate; immediately season with salt if desired.
- Wipe out the pan.



CUSTOMIZED STEP 3 If you chose Ground Pork

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pork**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 7 to 9 minutes, or until browned and cooked through.
- Add the **coconut aminos** (carefully, as the liquid may splatter). Cook, stirring constantly, 30 seconds to 1 minute, or until combined.
- Transfer to a bowl.
- Wipe out the pan.

4 Cook the noodles

- Meanwhile, add the **noodles** to the pot of boiling water, stirring gently to separate. Cook, stirring occasionally, 2 to 4 minutes, or until tender. Turn off the heat.
- Drain thoroughly and rinse under warm water 30 seconds to 1 minute to prevent sticking. Return to the pot.



5 Cook the vegetables

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **chopped bok choy**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **chopped garlic**; season with salt and pepper if desired. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Turn off the heat.



6 Finish the noodles & serve your dish

- To the pot of **cooked noodles**, add the **cooked vegetables**, **cooked tofu**, and **sauce**. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the sauce is slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished noodles** garnished with the **sesame seeds**. Enjoy!



CUSTOMIZED STEP 6 If you chose Ground Pork

- Finish the noodles and serve your dish as directed, using the **cooked pork** (instead of tofu).