

Baked Tofu & Creamy Tomato Curry

with Brown Rice & Peanuts

2 < OR > 4 SERVINGS

CUSTOMIZED OPTIONS:

12 | 24 oz Extra Firm Tofu

or

10 | 20 oz Boneless Chicken Breast Pieces

or

10 | 20 oz Shrimp¹

1/2 | 1 cup Brown Rice

1 | 2 Bell Pepper

6 | 12 oz Carrots

1 | 2 piece Ginger

2 | 4 Scallions

1/4 | 1/2 cup Cream

1 | 2 8-oz can Tomato Sauce

1 | 2 Tbsp Yellow Curry Paste

3 | 6 Tbsp Roasted Peanuts

1/2 | 1 Tbsp Vadouvan Curry Powder



Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

Getting Started

COOKING TOOLS

Medium Nonstick Pan (*Large for 4*)
Medium Pot
Sheet Pan
Knife
Cutting Board

FROM YOUR PANTRY

Olive Oil
Salt
Pepper

Chef's Note

FEATURED INGREDIENT

Yellow curry paste is a staple in Thai cooking that features herbs and spices such as lemongrass, kaffir lime peel, galangal (a type of ginger), and more. It not only adds a significant kick of spice, but also the gorgeous golden color for which it is named.



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¹. peeled & deveined
Ingredients may be replaced and quantities may vary.

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↩ Skip Step 1 for customized recipes!

1. Drain, press & dice the tofu

- ☐ Preheat the oven 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.
- ☐ Transfer the **pressed tofu** to a cutting board; medium dice.



2. Cook the rice

- ☐ Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- ☐ In a medium pot, combine the **rice**, a **big pinch of salt**, and **1 ¼ 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. Prepare the ingredients

- ☐ Meanwhile, wash and dry the fresh produce.
- ☐ Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- ☐ Cut off and discard the stem of the **pepper(s)**. Quarter lengthwise; remove the ribs and seeds, then thinly slice.
- ☐ Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- ☐ Peel the **ginger**; finely chop to get **2 teaspoons**.
- ☐ Roughly chop the **peanuts**.



↩ Look for customized instructions before the next step!

4. Bake the tofu

- ☐ Line a sheet pan with foil; lightly oil the foil.
- ☐ Transfer the **diced tofu** to the foil. Drizzle with **olive oil** and season with salt, pepper, and the **curry powder**; gently toss to coat. Arrange in an even layer.
- ☐ Bake 24 to 26 minutes, or until browned and slightly crispy.
- ☐ Remove from the oven.



5. Cook the vegetables

- ☐ In a medium nonstick pan (or large for 4 servings), 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 **sliced pepper(s)**, **sliced white bottoms of the scallions**, and **chopped ginger**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened.



6. Make the curry & serve your dish

- ☐ To the pan, add **as much of the curry paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- ☐ Add the **tomato sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- ☐ Add the **cream** (shaking the packet before opening). Cook, stirring occasionally, 1 to 2 minutes, or until combined and slightly thickened.
- ☐ Turn off the heat. Taste, then season with salt and pepper if desired.
- ☐ Serve the **cooked rice** topped with the **curry** and **baked tofu**. Garnish with the **sliced green tops of the scallions** and **chopped peanuts**. Enjoy!



↩ Customized Steps

CHICKEN

- ☐ Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **curry powder**. Stir to coat.
- ☐ In a medium nonstick pan (or large for 4 servings), heat 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 a plate. Cover with foil to keep warm.
- ☐ Use the same pan to cook the vegetables.

SHRIMP

- ☐ Pat the **shrimp** dry with paper towels; place in a bowl. Season with salt, pepper, and the **curry powder**. Stir to coat.
- ☐ In a medium nonstick pan (or large for 4 servings), heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned shrimp. Cook, stirring occasionally, 3 to 5 minutes, or until opaque and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate. Cover with foil to keep warm.
- ☐ Use the same pan to cook the vegetables.