# Baked Tofu & Creamy Tomato Curry

with Brown Rice & Peanuts

#### 2 < OR > 4 SERVINGS



12 | 24 oz Extra Firm Tofu

or

10 | 20 oz Boneless Chicken Breast Pieces

or

10 | 20 oz Shrimp¹

⅓ 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

2 Tbsp Yellow Curry Paste

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3 | 6 Tbsp Roasted Peanuts

½ | 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.



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 heavybottomed 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.
- $\square$  In a medium pot, combine the rice, a big pinch of salt, and 1 1/4 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. 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
- ☐ Bake 24 to 26 minutes, or until browned and slightly crispy.
- ☐ Remove from the oven.



#### 5. Cook the vegetables

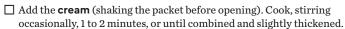
- ☐ In a medium nonstick pan (or large for 4 servings), heat a drizzle of olive oil on medium-high until hot.
- ☐ Add the sliced carrots in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- $\square$  Add the sliced pepper(s), sliced white bottoms of the

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.



- ☐ 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.
- $\hfill \square$  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.