

# Pepita & Panko-Crusted Tofu

VEGETARIAN

with Rice & Tomatillo-Poblano Sauce

🕒 25-35 MINS | 2 SERVINGS

These hearty tofu steaks get an incredibly flavorful, crispy exterior when baked under layers of traditional Mexican spices, sweet honey, and a duo of panko breadcrumbs and chopped pepitas (or pumpkin seeds). We're finishing them with a drizzle of our bright tomatillo-poblano sauce, which also gets stirred into a simple side of brown rice.



## MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



## Ingredients



14 oz  
FIRM OR EXTRA  
FIRM TOFU

**Did You Know?**  
*Draining the excess liquid is vital! It helps the tofu achieve a firmer texture and absorb more delicious flavor.*



1 bunch  
KALE



2 Tbsps  
RAW PEPITAS



1/4 cup  
PANKO  
BREADCRUMBS



1/3 cup  
TOMATILLO-  
POBLANO SAUCE



1/2 cup  
BROWN RICE



1  
RED ONION



2 tsps  
HONEY



2 Tbsps  
CRÈME FRAÎCHE



1 Tbsp  
MEXICAN SPICE  
BLEND\*

\*Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano



To find out more about Wellness at Blue Apron visit us at [www.blueapron.com/pages/wellness](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.



### 1 Prepare & press the tofu:

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then preheat to 450°F.
- Fill a medium pot  $\frac{3}{4}$  of the way up with water; add a **big pinch of salt**. Cover and heat to boiling on high.
- Drain the **tofu**, then transfer to a cutting board; halve horizontally. Place on a paper towel-lined plate. Place several layers of paper towels on top, then place a separate heavy-bottomed pot (or pan) on top of the paper towels. Set aside to drain at least 10 minutes.



### 2 Cook the rice:

- Meanwhile, add the **rice** to the pot of boiling water. Cook, uncovered, 17 to 19 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



### 3 Prepare the ingredients:

- Meanwhile, wash and dry the **kale**. Separate the leaves from the stems; discard the stems, then roughly chop the leaves.
- Roughly chop the **pepitas**. Place in a bowl; add the **breadcrumbs** and **2 teaspoons of olive oil**; season with salt and pepper. Stir to combine.
- Halve, peel, and thinly slice the **onion**.



### 4 Coat & bake the tofu:

- Line a sheet pan with foil, then lightly oil the foil.
- Transfer the **pressed tofu steaks** to the sheet pan. Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- Using the back of a spoon, evenly spread the **honey** (kneading the packet before opening) onto the top side of each tofu steak, then evenly top with the **pepita breadcrumbs** (pressing gently to adhere). Drizzle with **olive oil**.
- Bake 9 to 11 minutes, or until the topping is browned and the tofu is heated through. Remove from the oven.



### 5 Cook the vegetables:

- Meanwhile, in a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly wilted.
- Add  $\frac{1}{4}$  **cup of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 3 to 4 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat. Stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.



### 6 Finish the rice & serve your dish:

- Add **half the tomatillo-poblano sauce** to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **baked tofu** with the **finished rice** and **cooked vegetables**. Drizzle the **remaining tomatillo-poblano sauce** over the tofu. Enjoy!



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 750, Total Carbohydrates: 83g, Dietary Fiber: 13g, Added Sugar: 6g, Total Fat: 35g, Saturated Fat: 8g, Protein: 30g, Sodium: 1030mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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