

VEGETABLE FRIED RICE

Prep Time: 20 minutes, Total Cook time: 35 minutes

Servings: 6 people Calories: 354kcal Author: Sarah McMinn

1 ½ cups uncooked long grain basmati rice 1 1/2 cups peas
8 oz extra firm tofu, cut ½" cubes 1/3 cup raw cashews
3 tablespoons coconut or peanut oil, salt and pepper
½ medium yellow onion, thinly sliced 4 cloves fresh garlic,
minced
5cm fresh ginger, peeled and minced 1 ½ cups mushrooms (in
1/4s)
3 medium carrots, peeled and diced

Sauce

3 tablespoon tamari 1 teaspoon sugar
1 tablespoon sesame oil 2 green onions, minced
1 tablespoon rice wine vinegar

Instructions

1.Cook the rice according to package instructions. Once cooked, fluff with a fork and let cool for 5 minutes.

2.While rice is cooking, heat 1 tablespoons of oil in a wok or a large cast-iron skillet. Pat the tofu dry and cut it into ½" cubes. Sauté in over medium heat for about 5 minutes until the tofu is brown on all sides. Remove from heat and set aside

3.In the same fry pan, heat the addiitonal 2 tablespoons of oil. Sauté onions for 5-7 minutes, stirring occasionally, until translucent. Add ginger and garlic and sauté for another minute. Once fragrant, add the carrots, mushrooms, and peas and cook until tender, about 5 more minutes.

4.Stir together the sauce ingredients and set aside.

5. Once vegetables are tender, create a well in the center and add cooked rice. Sauté for 2-3 minutes, stirring frequently. Once the rice is lightly cooked, combine with vegetables, add tofu, cashews, and sauce and stir to combine. Serve immediately.

Notes

Serving and Storing - Serve immediately. Store leftovers in the refrigerator for up to 3 days. To heat it, gently reheat it in a wok with a tablespoon of oil or in the microwave.

Recipe Tips

Do not overcook the rice. Overcooked rice will get mushy and won't stir fry when added to the vegetables. Use long-grain rice and cook it until it is al dente.

Use a non-stick wok or large fry pan. If your wok is not non-stick, the tofu and rice will stick to the bottom.

Variations

Feel free to swap veggies. Other veggies to try are baby corn, capsicum and/or broccoli. You could also add pineapple for a little sweetness. Just aim for about 5-6 cups of veggies overall.

You can substitute tempeh or soy curls. Soy curls are similar to the texture of chicken and make a great substitution. You can also omit the tofu all together and add extra veggies instead.

Nutrition

Calories: 354kcal | Protein: 9g | Fat: 13g | Fiber: 4g | Sugar: 6g | Vitamin A: 5413IU | Vitamin C: 19mg | Calcium: 45mg |

Iron: 2mg