

NCFC'S KIDS CLUB MEAL KIT: MAGIC TOFU RICE BOWL



NELSON
community food centre

MAGIC TOFU RICE BOWL

BOWL INGREDIENTS:

- 1 block firm tofu
- 1 carrot
- 2 beets
- 1 cucumber
- 1 handful of sprouts of your choice
- 2 cups brown rice, rinsed

TOFU COATING INGREDIENTS :

- 1/2 cup nutritional yeast
- 1/2 cup corn starch
- 1 tbsp garlic powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper

MIX IT UP!

- Switch up the rice for quinoa or barley
- Try tempeh or beans instead of tofu for protein.
- Add your favourite, roasted, raw or steamed veggies.
- Top it with you favourite sauce.

INSTRUCTIONS:

- Measure 2 cups of brown rice, and 4 cups of water into a pot. Add a pinch of salt. Bring to a boil, place lid on pot and turn down to low heat. Cook undisturbed for 45 minutes.
- Wrap tofu in clean dish towel or paper towel and place between 2 plates for 15 min. This will release the extra water from the tofu.
- Prep your vegetables; shred carrot and beets and cube cucumber. At this point you could prep any other veggies you want to add to your bowl!
- Unwrap tofu, and cube. Mix the tofu coating ingredients together in small bowl and toss tofu into coating. Make sure it is fully coated.
- Heat 2 tbsp light oil in frying pan at medium. When oil is shimmering, fill the pan with the coated tofu. Turn tofu when it becomes golden brown. Repeat until all tofu is browned.
- Place rice in bowl, top with veggies and tofu, drizzle sauce and enjoy!