

Veggie Fried Rice Recipe

with tofu

Ingredients: 6 Servings

3 tablespoons oil, divided
1/2 block of tofu cubed or crumbled
2 medium carrots, peeled and diced
1/2 red onion, diced
1 cup shredded cabbage
1/2 cup chopped broccoli
1/2 red pepper cubed
3 cloves garlic, minced or dried garlic granules
salt and black pepper
2 tsp chili flakes or more for more spicy
4 cups cooked and chilled rice
3 green onions, thinly sliced
4 - 5 tablespoons soy sauce, or more to taste
2 teaspoons oyster or fish sauce (optional)
2 teaspoons toasted sesame oil

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Instructions:

1. Pre cook rice as per cooking directions day before and let cool.
2. Heat 1/2 tablespoon of oil in a large pan over medium-high. Add cubed or crumbled tofu to pan, sprinkle with chili flakes. Once the tofu begins to crisp up add 1 tsp of sesame oil and 1 tablespoon of soy sauce. Remove from pan and set aside.
3. Add an additional 1 tablespoon oil to the pan. Add carrots, onion, cabbage, pepper, broccoli and garlic, and season with a generous pinch of salt and pepper and chili flakes. Sauté for about 5 minutes or until the onion, carrot and cabbage are soft. Increase heat to high, add in the remaining 1 1/2 tablespoons of oil. Immediately add the rice, green onions, soy sauce and oyster/fish sauce (if using), and stir until combined. Continue sautéing for an additional 3 minutes to fry the rice, stirring occasionally. (I like to let the rice rest for a bit between stirs so that it can crisp up on the bottom.) Then add in the eggs and stir to combine. Remove from heat, and stir in the sesame oil until combined. Taste and season with extra soy sauce, if needed.
4. Serve immediately, or refrigerate in a sealed container for up to 3 days.

Tips: You can substitute in any meat or eggs.

You can also play around with spices, like adding whole coriander seed, or chili oil.

You can also experiment with your veggies, like adding baby corn, peas, mushrooms, and whatever else you've got in your fridge.

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