

Tofu Vegetable Rice



Tofu Vegetable Rice Recipe

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Prep Time 20 mins

Cook Time 20 mins



Course Dinner, Lunch, Main Course

Cuisine Healthy, Plant-based, Vegan



Servings 4 people

Ingredients

- 3 cups of cooked brown rice (or 1.5 cups uncooked rice and 3 cups of water) any rice will work - wild or black or red rice are even more healthy
- 1 block of firm tofu cut into small 1 cm cubes
- 3-4 tbsp of light soy sauce
- 1 tbsp of dried basil
- 1 large red onion chopped finely

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- 6 medium sized cloves of garlic smashed, peeled and minced finely 3-4 green chillies, deseeded, chopped as fine as you can
- 2 cups about 250 g of mixed frozen or fresh veg (beans, peas, carrots, corn)
- 2 tbsp of tomato ketchup or sriracha sauce or tomato paste
- Salt to taste if needed
- Fresh basil leaves chopped for garnish

Instructions

RICE PREP

1. Thoroughly rinse the brown rice in a sieve.
2. Add to the stove, bring to the boil and then lower to simmer.
3. Cook for around 20 minutes with the lid on, on a low heat, checking occasionally.
4. Eat immediately or cool and then refrigerate (eat within a couple of days).

TOFU & VEG PREP

1. Place a large skillet on a medium to high heat.
2. When it is nice and hot, add the tofu and dry sauté. Leave it to brown on one side before turning and this will prevent sticking.
3. Half way thru, add 1 tbsp of soy sauce.
4. Once crispy, lower the heat, stir in dried basil, onion, garlic, chillies.
5. Add 3-4 tbsp of hot water and let it cook in its own juices, stirring frequently.
6. Once slightly caramelised, add frozen/ fresh vegetables, mix thoroughly, increase the heat slightly, cover and cook for about 7 minutes on low flame.
7. Uncover, add in the rice and the tomato/sriracha sauce, remaining soy sauce, mix thoroughly.
8. Switch off the heat, garnish with some fresh basil leaves to increase antioxidant power. Leave to rest a few minutes before serving.

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Notes

TOP TIP: **Soya**

Aim to eat 80 g (a small handful) of Tofu a few times a week as one of your two portions of soya/ day. This will give you healthy protein, fibre, vitamins and healthy plant phytoestrogens.

TOP TIP:

Herbs and spices add flavour and antioxidant boost to any dish by as much as 200%



Keyword Plant-based, Vegan