

Chinese Tofu Fried Rice

Recipe makes: 6 servings (1 ½ cups per serving)

Preparation time: 8 to 24 hours + 25 minutes

Cook time: 45 minutes + 30 minutes

Equipment: one set of measuring cups, one set of measuring spoons, one knife, one cutting board, one medium pot, one stove or hotplate, two air-tight containers, one fork, one large frying pan or wok, one wooden spoon, one medium bowl, one spatula, one small mixing bowl

What you need to make this recipe: How to make Chinese Tofu Fried Rice:

- 1 ¼ cups brown rice*
- 2 ¾ cups water*
- ½ teaspoon salt*
- 1 350 g (12 oz) package extra-firm tofu, drained and cut into 2 cm (0.75 inch) cubes
- 1 clove garlic, minced
- 3 tablespoons low-sodium soy sauce
- 2 teaspoons sesame seed oil
- ½ teaspoon onion powder
- 2 ½ tablespoons canola oil
- 1 medium white onion, diced
- 1 cup frozen peas and carrot mix
- 2 eggs, lightly beaten
- 4 green onions, diced

*Or 4 cups of cooked brown rice, refrigerated for 8 to 24 hours.

Part 1: Cook the rice and prepare the tofu

(Do this 8 to 24 hours before you want to eat)

1. Put the rice, water, and salt in the medium pot.
2. Put the pot, uncovered, on the stove or hot plate. Turn the heat on to high and bring the rice and water to a boil.
3. Turn the heat to low and put the lid on the pot. Cook the rice for 30 to 45 minutes or until all the water is gone.
4. Take the cooked rice off the heat. Keep the lid on the pot and let sit for 10 minutes. After 10 minutes, fluff the rice with a fork.
5. Transfer the rice to an air-tight container. Cool for 10 minutes, then cover and refrigerate for 8 to 24 hours.
6. Put the tofu, garlic, 2 tablespoons of the soy sauce, sesame seed oil, and garlic powder in an airtight container. Put the cover on the container. Shake the container until the tofu is covered evenly with the marinade. Refrigerate the tofu for 8 to 24 hours.

Part 2: Cook the Tofu Fried Rice

7. Put 1 tablespoon of the canola oil in a wok or extra-large frying pan. Put the wok or pan on the stove or hotplate and turn the heat to medium.
8. Add the onion to the oil. Fry, stirring often with a wooden spoon, for 8 to 10 minutes or until golden brown.
9. Add the peas and carrots to the onion. Cook, stirring often, for 5 minutes. Put the vegetables in a bowl.
10. Put ½ tablespoon of the canola oil in the wok or pan.
11. Pour the eggs into the wok or pan. Tilt the wok or pan until the egg covers the center of the wok or pan.
12. Cook the eggs for 1 to 2 minutes, then flip using a spatula and cook for another 1 to 2 minutes.

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13. Using the edge of the spatula, gently break up the egg into pieces about 1 cm (0.5 inch) big.
14. Put the cooked egg to the same bowl as the vegetables.
15. Put 1 tablespoon of the canola oil in the wok or pan.
16. Add the marinated tofu to the oil. Fry, stirring often, for 5 minutes.
17. Add the vegetables, egg, 1 tablespoon of soy sauce, and rice to the tofu. Fry, stirring often, until the rice is hot.
18. Serve the fried rice topped with diced green onion.

Nutrition Facts		
Per 1 serving (1 ½ cups)		
Calories	360	% Daily Value*
Fat 14 g		18 %
Saturated 2 g		12 %
+ Trans 0.2 g		
Carbohydrate 40 g		
Fibre 4 g		14 %
Sugars 2 g		2 %
Protein 14 g		
Cholesterol 60 mg		
Sodium 520 mg		22 %
Potassium 250 mg		6 %
Calcium 150 mg		12 %
Iron 2.5 mg		14 %
5% or less is a little , 15% or more is a lot		
Nova Scotia School Food and Beverage Standard: Maximum		

Allergy information:

Contains wheat, gluten, soy, sesame, and egg.

About this Recipe:

Tofu is made from soybeans, a type of legume. Legumes are plants and contain protein. Including plant-based proteins in your diet can help lower your risk of chronic disease, like heart disease and type 2 diabetes.

Tofu has a mild flavour and will take on the taste of the seasonings or flavourings used in a recipe. It can be bought as silken, soft, medium, firm, or extra firm. Silken and soft tofu are very soft and are used in smoothies, dips, and desserts. Medium and firm tofu are easy to crumble and can be used in casseroles or scrambled. Extra firm tofu holds its shape well and can be cut into pieces for roasting, grilling, or stir-frying. Extra firm tofu can also be added to soups and curries. When cooking with tofu, be sure to use the type of tofu listed in the recipe. Tofu is also low-cost and can be found in most grocery stores.

Substitutions:

To make this recipe wheat- and gluten-free, use tamari or coconut aminos instead of soy sauce.

To make this recipe sesame-free, use vegetable oil instead of sesame oil.

To make this recipe egg free, do not use the egg.

Storage information:

The fried rice can be stored in an airtight container in the fridge for up to 3 days.



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