

Tofu Fried Rice

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 8 oz.

Ingredients	Quantity	Measure
Rice, white	4	Cups
Soy Sauce, lite	4	Ounces
Peas, frozen	1	Pound
Carrots, ¼" dice	1	Pound
Onions, ¼" dice	1	Pound
Herb garlic, peeled	2	Ounces
Scallions, fresh	10	Ounces
Sesame oil, toasted	4	Ounces
Tofu, firm	2.5	Pounds
Curry powder	4	Ounces
Ginger, minced	2	Ounces
Salt, kosher	2	Ounces

Preparation

1. Bring 8 cups of water to a boil, add the rice. Return to boil, reduce heat and simmer. Remove from heat when al dente, shock and drain.
2. Mince garlic, slice scallions thin. Combine garlic, ginger and 8 oz of scallions.
3. Drain tofu and crumble. Mix tofu with 1 oz salt and curry powder.
4. On a flattop at 350 F, heat sesame oil. Add ginger, garlic, scallions, carrots and onions. Cook until fragrant.
5. Add rice and tofu, continue to cook. Toss and spread rice to cook rice evenly, roughly 5 minutes.
6. Add peas to the rice. Allow peas to just cook, they should still be bright green.
7. Place in serving dish and garnish with remaining scallions.

