

Special Fried Rice

This is a slight deviation from the norm but is super tasty and can generally be adapted for any vegetables but does work well with greens such as Brussels Sprouts and Broccoli.

Ingredients

280g Extra Firm Tofu – pressed and dried
1 Leek – trimmed, washed and finely chopped
2 Garlic Cloves – finely chopped
1 thumb-size piece of Ginger – finely chopped
60g Brussels Sprouts – thinly sliced
1 Portobello Mushroom – finely sliced
100g Broccoli – finely chopped – alternatively,
Use the florets for another dish and use the stem here
1 tsp Turmeric Powder
1 tsp Curry Powder – I use Madras
200g Cooked Rice – precooked & refrigerated overnight
2 Tbsp Mushroom Soy Sauce – or Light Soy
1 Tbsp Black Vinegar
2 tsp Toasted Sesame Oil
1 tsp Salt
Spring Onions and Sesame Seeds for garnish



Method:

Crumble the tofu into a bowl using your hands or a fork.

Heat a pan with 2 Tbsp groundnut oil, add the tofu and sauté for 5 minutes until it starts to brown.

Add the ginger, leek and garlic and sauté for 1 minute then remove from the pan and set aside.

Add 1 Tbsp oil to the pan and sauté the vegetables for 2 minutes.

Return the tofu to the pan and add the salt, turmeric and curry powder and fry till aromatic.

Add the rice, soy sauce and vinegar and stir through until the rice is heated through.

Taste and season if necessary.

Add the sesame oil and quickly mix through and serve.

Garnish with spring onion and sesame seeds and a drizzle of chilli oil.