

## Tofu and Tender stem Broccoli Fried Rice

*A quick and easy dish to make with leftover rice and packed with flavour. You can happily add more vegetables to this too. Edamame or peas would be a very good fit.*

### Ingredients

2 Tbsp Chilli Oil – recipe on my site  
280g Extra Firm Tofu  
200g Tender stem Broccoli – finely chopped  
1 Tbsp Ginger – finely chopped  
2 Garlic Cloves – finely chopped  
1 tsp Chinese 5 Spice  
250g Cooked Rice – refrigerated overnight  
1 Tbsp Dark Soy Sauce  
2 Tbsp Light Soy Sauce  
3 Spring Onions – finely chopped  
1 Tbsp Sesame Seeds  
Salt and Black Pepper



### Method:

Crumble the tofu into a bowl. You can use a fork or crush it in your clean hands.

Heat the Oil in a large pan on medium high.

Add the tofu to the pan and sauté for 7 minutes with a pinch of salt.

Add the 5 spice, ginger and garlic and cook for a minute until aromatic then add the broccoli and mix through.

Cook for 5 minutes and add the rice and soy sauces, stir and cook until thoroughly heated through.

Taste and season with salt and pepper, then add the white parts of the spring onions and sesame seeds and serve.

Garnish with the green parts of the spring onions and more sesame seeds and chilli oil.