

Beans, Rice And Everything Nice

Thai Curry Tofu Fried Rice



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Ingredients

makes 2 large or 3 small servings

1 carrot, thinly sliced into coins,
about 1/2 cup

1/2 red bell pepper, sliced,
about 1/2 cup

1 large or 2 Shanghai bok choy,
stems sliced, leaves cut into
ribbons

150 grams (1/2 a block) firm tofu

1-2 Tablespoons Thai Curry paste
(red or green)

2-4 Tablespoons lime juice

3 cups leftover brown rice

1/2 cup water or vegetable stock

2 green onions, sliced

cilantro, parsley, or Thai basil,
to taste

1. In a small bowl, mix together the Thai curry paste and the lime juice. Crumble the tofu into a medium mixing bowl. Add the curry paste mixture and mix well.
2. Heat a large non-stick skillet over medium heat. Add the carrot, red pepper, bok choy stems and a splash of water. Cook until the vegetables have softened, about 2 minutes.
3. Push the vegetables aside and add the tofu. Spread out evenly and let sit for a couple of minutes. Stir together with the vegetables. Cook until the tofu is heated through.
4. Push the tofu and vegetables aside. Add the rice and 1/2 cup water or stock. Cover with a lid and steam for 5 minutes.
5. Stir the rice and vegetable mixture together. Add another two tablespoons of water and the bok choy leaves. Cover and cook for 2 minutes.
6. Serve with a wedge of lime. Some bean sprouts and a sprinkle of toasted sesame seeds would be lovely additions, too. Add salt and pepper to taste.