



VEGAN | MAKES 2 BOWLS

Marinated tofu rice bowl



Preparation time
15 minutes



Cooking time
10 minutes



Equipment required
**Chopping knife,
mixing bowl,
frying pan, spatula,
microwave**

Rice bowls are popular because they're fresh, light and healthy, and use a variety of foods in the one dish. Using microwaveable rice makes this dish very quick and easy. Great for using up leftover cooked vegetables and other toppings.



\$4.80 /serve
Save **\$11.20**

Ingredients

- 200g firm tofu, cut into small cubes
- 1/4 cup soy sauce
- Thumb sized piece of ginger, peeled and finely chopped
- 2 cloves garlic, finely chopped
- 1 teaspoon honey
- 2 x 250g packets microwaveable brown rice
- 1 carrot, skin on, cut into matchsticks
- 1 cucumber, cut into matchsticks
- 1/2 avocado, sliced

Pantry Items

- 1 tablespoon canola oil

Method

- 1 In a bowl, mix together tofu, soy sauce, ginger, garlic and honey. Set aside for at least 10 minutes.
- 2 Heat oil in frying pan over medium heat.
- 3 Scoop tofu pieces into the pan, reserving the marinade liquid.
- 4 Cook until browned, 8-10 minutes.
- 5 While the tofu is cooking, assemble your bowl.
- 6 Heat up rice and add carrots, cucumber and avocado to 2 bowls.
- 7 Divide tofu between 2 bowls, and drizzle remaining sauce on top.

Variations

- GF** - Use tamari instead of soy sauce.

Tips

If saving one bowl for leftovers, you can just prepare the tofu and reheat along with the rice, and add other chopped vegetables to serve.



ACCESS
Health & Community

| accesshc.org.au