

Sesame Tofu with Rice



Nutrition Facts:

Calories: 630

Fat: 16

Carbohydrates: 107 grams

Fiber: 5 grams

Protein: 16 grams

Serving Size: 8 ounces

INGREDIENTS:

3 OUNCES FRIED TOFU
3 OUNCE ASIAN VEGETABLE BLEND
4 OUNCE STEAMED JASMINE RICE
1/2 TEASPOON CANOLA OIL
1/2 TEASPOON GARLIC
1/2 TEASPOON GINGER ROOT
1 1/2 TEASPOON FRESH SCALLIONS SLICED
1/2 TEASPOON RED PEPPER FLAKES
2 OUNCE SESAME SAUCE
1/4 TEASPOON SESAME SEED
7/8 OUNCE CORNSTARCH

DIRECTIONS:

PRESS TOFU FOR 1 HOUR BETWEEN SHEET PANS SEPERATED BY PLASTIC WRAP. CUT INTO 1/2 IN CUBES. TOSS TOFU IN CORNSTARCH TO COAT. FRY AT 350 DEGREES FOR 3-4 MINUTES UNTIL GOLDEN BROWN.

COOK JASMINE RICE AND ASIAN BLEND VEGETABLES AS DIRECTED ON PACKAGE.

HEAT WOK TO 425 DEGREES, ADD 1/2 TSP OIL. ADD 1/2 TSP GARLIC, AND GINGER. ADD 1 TSP OF GREEN ONION. STIR FRY 10-15 SECONDS. STIR IN RED PEPPER, TOSS FOR 10-15 SECONDS. ADD 1/2 CUP TOFU, STIR FRY FOR 30-45 SECONDS. STIR IN 1 CUP VEGETABLE BLEND, STIR FRY FOR 30-45 SECONDS. LADLE SAUCE INTO STIR FRY, STIR. TOSS FOR 10-20 SECONDS.

PLACE 4 OZ RICE IN SERVING BOWL. TOP WITH TOFU MIXTURE GARNISH WITH 1/2 TEASPOON GREEN ONION AND 1/4 TSP SESAME SEEDS.

ENJOY!

mindful
by *sodexo*