

TOFU FRIED RICE

SERVES 4

450g firm tofu,
made with *Pink Lake Nigari*
Cornflour for dusting
250g long grain rice
2 tablespoons vegetable oil
2 large eggs, beaten
3 spring onions, finely sliced
250g diced peas and carrots,
frozen and defrosted is fine
1 clove garlic, crushed
1cm piece fresh ginger, grated
2 tablespoons light soy sauce
1 teaspoon toasted sesame oil



METHOD

Wrap the tofu in kitchen paper and leave to stand for at least 1 hour to firm up.

Cut the tofu into 2cm pieces.

Lay in a single layer onto kitchen paper.

Cover with another sheet of paper and leave to stand for 15 minutes.

In a small bowl combine the soy sauce and the sesame oil.

Cook the rice in your usual way or according to packet instructions.

Coat the tofu lightly in cornflour.

Heat 2 tablespoons of oil in a frying pan, use a medium heat.

Add the tofu and cook, turning occasionally till golden brown.

Drain on kitchen paper.

Add the egg to the pan, running out as thin as possible and cook over a medium heat until just set.

Remove from pan. Roll tightly and thinly slice.

Add a tablespoon of oil to the pan and add the spring onions, peas and carrot mix, garlic and ginger.

Cook over a medium heat for about 3 minutes. Do not allow the garlic to burn.

Add the cooked rice to the pan, cook for 2 minutes, mixing to combine.

Add in the soy sauce mix, tofu and egg.

Mix gently to combine and heat through.

Serve immediately.