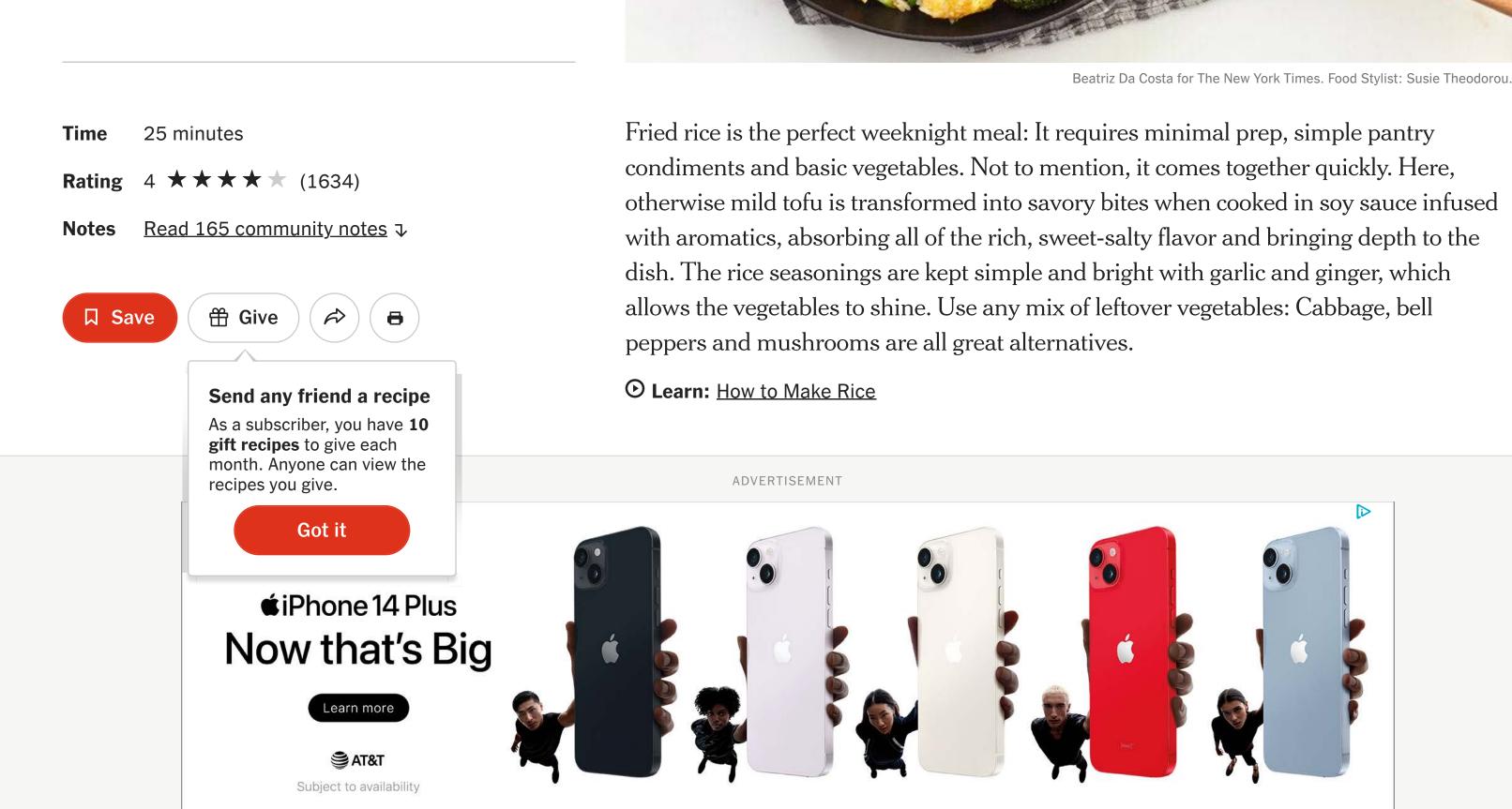
Tofu and Broccoli Fried Rice

Q What would you like to cook?

By Kay Chun



INGREDIENTS

Yield: 4 servings

- 5 tablespoons neutral oil, such as safflower or canola oil
- 2 tablespoons minced garlic
- 2 teaspoons minced fresh ginger
- ¹⁄₃ cup low-sodium soy sauce
- 2 tablespoons turbinado or granulated sugar
- 1 (14-to-16-ounce) package firm tofu, drained and cut into ½-inch cubes Kosher salt and black pepper
- ½ cup chopped cilantro
- ½ cup finely chopped yellow onion 1 large carrot, peeled and thinly sliced into
- rounds 8 ounces broccoli, cut into 1-inch florets and

stems thinly sliced (3 heaping cups)

- 4 cups cooked and cooled long grain white
- rice, preferably day-old 1 jalapeño or serrano chile, thinly sliced
- ½ cup thawed frozen peas
- 4 large eggs, beaten
- ½ cup thinly sliced scallions
- **Add to Your Grocery List Ingredient Substitution Guide**

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Step 1

PREPARATION

In a 12-inch nonstick skillet, heat 1 tablespoon of oil over medium. Add 1

seconds. Add soy sauce, sugar and tofu, and season with salt and pepper. Cook, stirring occasionally, until sauce has been absorbed and tofu is nicely glazed, about 5 minutes. Stir in cilantro. Transfer tofu along with juices to a shallow plate. Step 2

In the same skillet, heat 2 tablespoons of oil over medium. Add onion and carrot,

tablespoon of the garlic and 1 teaspoon of the ginger, and stir until fragrant, 30

and season with salt and pepper. Cook, stirring occasionally, until softened, 3

minutes. Stir in remaining 1 tablespoon garlic and 1 teaspoon ginger until fragrant, 30 seconds. Add broccoli, season with salt and pepper, and cook, stirring occasionally, until broccoli is softened, about 3 minutes. Add rice, jalapeño and peas, and drizzle over 1 tablespoon of the oil. Season with salt and pepper, and cook, stirring occasionally, until well combined and rice is golden in spots, about 3 minutes. Step 3

Push rice mixture to one side of the skillet. To the empty side, add the remaining 1

tablespoon oil and eggs, and allow them to set a little before stirring. Cook until

scallions and half of the glazed tofu and any juices on the plate. Season with salt

scrambled, 1 to 2 minutes. Stir egg into rice mixture, then stir in half of the

Step 4

and pepper.

tofu. Garnish with the remaining scallions.

Divide the fried rice in bowls, and top each with some of the remaining glazed

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KJM

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I used sesame oil too, ideal. Having so often overcooked stir fries I followed the cooking times precisely, and the results were fabulous,

It also tastes completely fine without the sugar.

Is this helpful? 116

right next to the stove.

Is this helpful? 163

11 months ago

A Biloon

fast. Is this helpful? 107

I make this in a little sesame oil and use with left over Chinese food

rice. Sprinkle with sesame seeds too. Easy on the soy, it gets salty

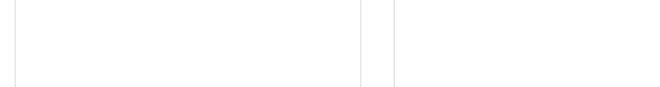
one of the best stir fry recipes ever. Do figure, however, on a hour of

prep beforehand, and have your numerous bowls of ingredients handy

Recipe Tags

Grains And Rice, Broccoli, Firm Tofu, Rice, Soy Sauce, Dinner, Weekday, Weeknight, Main Course, Side Dish, Vegetarian

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Rice

Kay Chun

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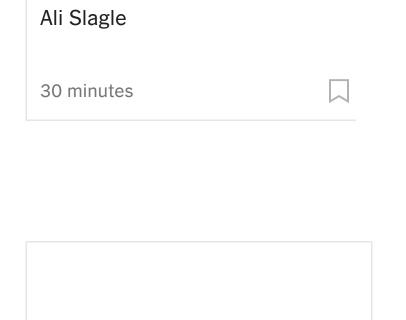
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