



ginger tofu bowl

Want to make weeknight meals a breeze? Serve up this delicious Ginger Tofu Bowl - the perfect, quick-and-easy answer to "What's for Dinner?" tonight and every night.

SERVES: 6



julie albert & lisa gnat

ingredients

Rice

2 cups whole grain brown rice
1 ¼ cups water

Sauce

1/3 cup soy sauce
¼ cup brown sugar
2 tbsp fresh lime juice
1 tbsp oyster sauce
½ tsp Sambal sauce, fresh chili paste

Bowl

1 (19oz) pkg. extra firm tofu
1/8 tsp kosher salt
1/8 tsp freshly ground black pepper
1 tbsp cornstarch
1 tbsp vegetable oil
1 small yellow onion, thinly sliced
1 red pepper, sliced in strips
1 carrot, peeled and julienned
1 garlic clove, minced
2 tsp minced fresh ginger
¼ cup chopped fresh basil

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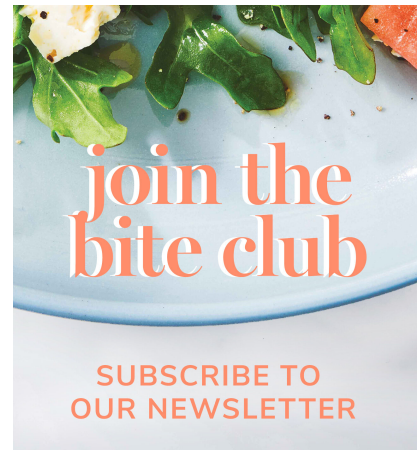


directions

1. To prepare the rice, in a medium saucepan bring water to a boil. Stir in rice, return to a boil. Reduce heat to low, cover and simmer 5 minutes. Remove from heat, stir then cover and let stand 5 minutes.
2. For the sauce, whisk soy sauce, brown sugar, lime juice, oyster sauce and Sambal sauce. Set aside.
3. To prepare the tofu, lay the tofu on paper towels pressing all sides to absorb excess moisture. Cut the tofu into 1-inch cubes. In a bowl, toss tofu with salt and pepper. Toss with cornstarch to evenly coat. Heat vegetable oil in a medium skillet over medium-high heat. Sauté the tofu for 2 minutes without stirring to all it to brown. Stir and continue to cook until all sides are golden. Transfer tofu to a plate and reduce heat to medium. Add onions, peppers, carrots, garlic and ginger. Cook stirring 3-4 minutes until vegetables are tender. Add sauce mixture and tofu. Continue cooking for 2 minutes, stirring until sauce thickens slightly and coats the tofu and vegetables. Remove from heat, stir in chopped basil. Serve over rice.

"I like rice. Rice is great if you're really hungry and want two thousand of something."

— MITCH HEDBERG



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