

5. Once vegetables are tender, create a well in the center and add cooked rice. Sauté for 2-3 minutes, stirring frequently. Once the rice is lightly cooked, combine with vegetables, add tofu, cashews, and sauce and stir to combine. Serve immediately.

Notes

Serving and Storing - Serve immediately. Store leftovers in the refrigerator for up to 3 days. To heat it, gently reheat it in a wok with a tablespoon of oil or in the microwave.

Recipe Tips

Do not overcook the rice. Overcooked rice will get mushy and won't stir fry when added to the vegetables. Use long-grain rice and cook it until it is al dente.

Use a non-stick wok or large fry pan. If your wok is not non-stick, the tofu and rice will stick to the bottom.

Variations

Feel free to swap veggies. Other veggies to try are baby corn, capsicum and/or broccoli. You could also add pineapple for a little sweetness. Just aim for about 5-6 cups of veggies overall.

You can substitute tempeh or soy curls. Soy curls are similar to the texture of chicken and make a great substitution. You can also omit the tofu all together and add extra veggies instead.

Nutrition

Calories: 354kcal | Protein: 9g | Fat: 13g | Fiber: 4g | Sugar: 6g | Vitamin A: 5413IU | Vitamin C: 19mg | Calcium: 45mg |

Iron: 2mg