

Less than 30 minutes

Serves 4-6

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Ingredients:

Tofu fried rice:

- 2 packets (200g each) tofu
- Glug olive oil
- 1 tsp (5ml) smoked paprika
- 1 tsp (5ml) ground cumin
- Salt and milled pepper
- 3 cups (750ml) cooked brown rice
- 1 large packet (100g) tomato paste
- 4 (400g) salad tomatoes, grated
- ½ cup (125ml) vegetable stock or water
- Juice of 1 lemon
- Parsley and rocket, for serving

Mushrooms:

- Glug olive oil
- 2 packets (4s) large brown mushrooms
- 3 cloves garlic, crushed
- 3 Tbsp (45ml) soy sauce
- 1 Tbsp (15ml) balsamic vinegar or lemon juice

Method

1. Place tofu between two sheets of kitchen paper, then press to remove excess liquid.Repeat if needed to create a dry exterior.
2. Grate tofu with a box grater, or finely chop if you prefer.
3. Heat oil in a pan over high heat and fry tofu with spices and seasoning, cooking until

crispy, about 4 minutes.

4. Set aside.
5. Heat another glug of oil and fry brown rice until crispy.
6. Tip in tomato paste, freshly grated tomatoes, vegetable stock and lemon juice.
7. Season, adding a pinch of sugar if tomato flavour is too tart.
8. Heat oil in a separate pan until smoking hot.
9. Add mushrooms and fry on each side for about 2-3 minutes, until tender and browned.
10. Add garlic, soy sauce and balsamic vinegar and cook until reduced.
11. Toss crispy tofu through rice and scatter with parsley just before serving.
12. Serve rice topped with mushroom steaks and rocket.

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