

Spiced Tofu & Cauliflower Pilaf

Ingredients:

2 tbsp. canola oil

11 ½ ounces extra firm tofu

3 ½ tsp. turmeric

2 tsp. paprika

1 tsp. cinnamon

1 yellow onion

2 tsp. fresh ginger, minced

3 ³/₄ cup shredded coconut

1 ³/₄ cup brown basmati rice

4 cups low sodium vegetable broth

1 1/4 pound cauliflower

1 ¾ cups frozen peas

4 ounces raisins

1 cup cilantro, chopped

¼ tsp. salt







Nutrition Facts

Serving Size Servings Pe			(340g)
Amount Per Se	rving		
Calories 32	0 Cald	ories fron	n Fat 70
		% Da	aily Value*
Total Fat 8g			12%
Saturated		8%	
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 170mg			7 %
Total Carbo	hydrate (54g	18%
Dietary Fiber 7g			28%
Sugars 14g			
Protein 11g			
Vitamin A 10	% • \	Vitamin 0	C 60%
Calcium 10%	6 • I	ron 15%	
*Percent Daily Vidiet. Your daily videpending on your	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

- 1. Heat canola oil in a large frying pan over a medium-high heat, add the pieces of tofu and stir fry for a few minutes until golden on all sides.
- 2. Remove from the pan and drain on absorbent paper.
- 3. Add the remaining oil to the pan along with the mustard seeds and heat over a medium-low heat until the seeds begin to pop.
- 4. Add the turmeric, paprika and cinnamon and over a low heat combine the spices with the oil until you have a paste.
- 5. Add the onion and continue to stir fry until the onion is soft.
- 6. Add the ginger and coconut and cook for just a minute before adding the rice.
- 7. Combine the rice well with the spices and onion, add the cauliflower and cooked tofu and increase the heat.
- 8. Add the broth and bring to the boil.
- 9. Cover and decrease the heat to low, allow the pilaf to cook for about 10 minutes until rice is tender and broth nearly absorbed.
- 10. Add the peas, stir through quickly and cover and cook for a few minutes until broth is fully absorbed and rice cooked.
- 11. Add the raisins and cover again and stand for 5 minutes before tossing through the fresh cilantro.