

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 ¾ cup shredded coconut
 1 ¾ cup brown basmati rice
 4 cups low sodium vegetable broth
 1 ¼ pound cauliflower
 1 ¾ cups frozen peas
 4 ounces raisins
 1 cup cilantro, chopped
 ¼ tsp. salt



Nutrition Facts

Serving Size 12oz or 1 1/2 cup (340g)
 Servings Per Container 8

Amount Per Serving

Calories 320 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 54g 18%

Dietary Fiber 7g 28%

Sugars 14g

Protein 11g

Vitamin A 10% • Vitamin C 60%

Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

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.