

Chinese Fried Rice

Ingredients

Scrambled Tofu

- ☐ 1/2 (14 oz) block **firm or extra-firm tofu***pressed*
- ☐ 1 teaspoon **vegetable oil**
- ☐ **salt and pepper** *to preference*
- ☐ 1/4 teaspoon **turmeric** *(optional, for color)*



Fried Rice

- ☐ 3 tablespoons **vegetable oil or vegan butter**
- ☐ 4 scallions **thinly sliced** *white and green parts separated*
- ☐ 4-6 cloves **garlic** *minced (about 1 tablespoon)*
- ☐ 3 cups **cold leftover rice**
- ☐ 1 cup **frozen mixed peas and carrots**
- ☐ 2 tablespoons **soy sauce**
- ☐ **sriracha or chili paste** *(optional, to preference)*
- ☐ **black pepper** *to preference*

Instructions

- Heat a nonstick skillet over medium-high heat with oil. Crumble in the half block of pressed tofu and season with salt, pepper, and turmeric. Stir-fry for 3-5 minutes, until lightly browned. Set aside on a plate.
- In the same pan, heat vegetable oil or vegan butter over medium-high heat.
- Add in the sliced white parts of the scallions, along with the minced garlic. Stir-fry for 1-2 minutes.
- Add in the cold leftover rice. (It is helpful to use your hands to separate the grains of rice before adding it, so it isn't sticking together.) Stir-fry the rice for 3-5 minutes, until it starts to take on some golden-brown color.
- Add in the frozen veggies and the sliced green parts of the scallions and stir-fry for an additional 3-5 minutes, until the veggies are warmed through.

- Add in the soy sauce and sriracha and stir to distribute.
- Fold in the scrambled tofu and stir-fry for an additional 1-2 minutes to heat through. Taste and season with additional black pepper, salt, or sriracha to preference. Enjoy!