



TOM'S TOFU RICE BOWL

(with The Jerk Kings' Signature Jerk Marinade and Sauce!)

Makes 4 Bowls

1 lb	Tofu, firm, drained and cubed into 16 pieces
2 oz	Jerk Kings' Marinade
Seasoning	Salt, Pepper and oil (very light, 1t of each)
2T	Canola Oil
1 oz	Jerk Kings' Sauce
4-5 C	Cooked Brown Rice
1 C	Toasted Peanuts
½ C	Toasted Coconut
4 ea	Green Onion, thinly sliced
1 ea	Avocado, quartered and sliced for garnish

- Season tofu cubes with a little salt, pepper and oil;
- Add the Jerk Kings' marinade – coat evenly, add more as needed;
- Marinate tofu for 1 – 2 hours;
- While tofu is marinating, prepare the other components of the rice bowl;

- **Sear marinated tofu in heated oil until caramelized on all sides; reduce heat, add Jerk Sauce – combine well and make sure tofu is well coated;**
- **Build your bowls – start with a heaping cup of brown rice, top with 4 pieces of your cooked tofu, sprinkle ¼ of your sliced green onions, ¼ of your toasted peanuts and coconut over tofu, garnish with avocado slices; continue building the other three bowls with the same amounts;**
- **Finish each bowl with a few drops of the Jerk Sauce;**
- **SERVE AND ENJOY!!**

(Pan-seared okra is another wonderful addition to any rice bowl – visit our website to view our “how to” video on cooking okra: www.thejerkkings.com)