

Colorful Vegetable Rice Dish with Tofu

25–30 Min

Ingredients 4 Portions

= Kotányi Produkte

200 g	Long grain rice
400 g	Tofu
2 piece	Onions
4 piece	Garlic cloves
4 piece	Carrots
1 piece	Red bell pepper
150 g	Green beans, frozen
4 tbsp.	Cornstarch
2 tsp.	Sesame seeds
2 tbsp.	Organic Curry Seasoning Mix
	Soy sauce
	Sesame oil (optional)
	Peanut oil (or sunflower oil)

Preparation

1. Cook the rice according to the instructions on the packaging and allow to cool.
2. Dice the tofu in 1x1-cm pieces, marinate with around 3 tbsp. of soy sauce and put to one side. Peel and finely chop the onion and garlic. Peel the carrots and slice diagonally. Wash and dice the bell pepper. If using fresh green beans, cut the ends off. Thaw out the frozen green beans.
3. Cook the green beans in a pan of salted water until soft, then drain and plunge into ice-cold water.
4. Heat a pan with 3 tbsp. of oil and fry the vegetables until cooked but still al dente. Add the Kotányi Organic Curry seasoning mix and the rice and fry briefly. Season to taste with the soy sauce and remove from the heat.
5. Coat the tofu with the cornstarch. In a second pan, heat 3 tbsp. of oil and sear the tofu pieces until golden brown. Carefully mix the crispy tofu in with the fried rice.
6. Dish the fried rice up onto plates, garnish with sesame seeds and serve.