

# Fried Rice with Tofu

**Serves:** 8  
**Prep:** 15 mins  
**Cook:** 30-35 mins

**Dietary:** VEG, GF, DF, NF  
**Allergens:** Soy, Egg  
**Age group:** 8 months+

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# Fried Rice with Tofu

## Ingredients

- 240g wholegrain rice (brown rice or basmati rice), rinsed and drained
- 2 tbs (40ml) extra virgin olive oil
- 680g firm tofu, drained, patted dry and cubed
- 1/2 brown onion (55g), peeled and finely diced
- 2 garlic cloves (20g), peeled and finely minced
- 1 zucchini (160g), rinsed and diced or grated
- 2 carrots (260g), peeled and diced or grated
- ½ cup (85g) corn kernels
- ½ cup (60g) peas, frozen
- 2 eggs, lightly whisked

## Method

1. Cook rice according to packet instructions and set aside.
2. Heat 1 tbsp of oil in a large frying pan over medium heat.
3. Add tofu and cook for 4-5 mins or until browned from all sides. Transfer to a bowl and set aside.
4. Add the other tbsp of oil to the same pan, add onion and garlic and sauté for 2-3 mins.
5. Add zucchini, carrots, corn, and peas and cook for 5-10 mins, stirring frequently.
6. Add cooked rice and tofu to the pan and stir through until well combined.
7. Add eggs and keep stirring until the eggs are cooked.

**Storing Leftovers:** Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

## Tips

✓ **Prep tips:**

To reduce prep time, use frozen chopped onions and frozen mixed vegetables.

✓ **Allergies:**

For an egg-free version: Leave out eggs.

✓ **Easy ingredient swaps:**

Swap vegetables for seasonal vegetables of choice such as capsicum, cauliflower, green beans etc.

✓ **Additional boosters:**

Stir through 1-2 cups of spinach in the last mins of cooking.

✓ **Baby-friendly version:**

Serve mashed or cut into finger food-sized pieces.

✓ **For selective eaters:**

Serve the vegetables on the side of the rice or try and blend them in.