

Decision Day 6 (Lunch)

Spiced Tofu with Brown Rice and Vegetables (serves 4)

1 package firm tofu
2 T olive oil
1 C brown rice
1 T chopped shallot
1 tsp. olive oil
2 1/2 Cups chicken stock or water
1 tsp. chopped thyme
1 tsp. chopped parsley
1 C sliced carrot
1 C sliced snow peas
1 C sliced daikon radish (red radish optional)
2 T Thai Chili Sauce
S and P to taste

1. Slice tofu into large cubes and season with salt and pepper and steam for 5 minutes. Remove and drizzle with 1 tsp. of olive oil and set aside.
2. Using a small sauce pan on medium heat, add remaining 2 tsp. olive oil and cook shallots for 2-3 minutes. Season with salt and pepper.
3. Add rice and stir for 3-4 minutes.
4. Add stock or water, bring to a simmer, cover and cook till tender (45-50 minutes).
5. Once the rice is tender, add thyme and parsley and TASTE.
6. Heat a medium sauté pan on high. Add 2 tsp. olive oil, carrot, snow peas and radish. Cook 3-4 minutes. Remove from heat and add tofu and Thai Chili sauce.
7. To serve, pour vegetable tofu mixture over rice.