

Quinoa “Fried Rice”

with Tofu & Choy Sum

The endlessly versatile dish known as fried rice can feature any combination of ingredients based on seasonal availability. In this modern take on the classic, we substituted the rice for high-protein quinoa to add a new texture and some nutty flavor. Choy sum, an Asian leafy green similar to Chinese broccoli, adds a mild mustard flavor that makes this meal truly irresistible.



Ingredients

14 Ounce Package Firm Tofu
6 Ounces Choy Sum
1 Bunch Cilantro
3 Scallions
2 Cloves Garlic
1-Inch Piece Ginger
1 Carrot
1 Cup Quinoa
2 Tablespoons Mirin
2 Tablespoons Soy Sauce
2 Teaspoons Sesame Oil
¼ Cup Hoisin Sauce



Makes 2 Servings
About 625 Calories Per Serving

Instructions



Prepare the ingredients:

Preheat the oven to 500°F. Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Cut the tofu in half horizontally and press out any excess moisture with paper towels. Place the **tofu** on a lightly oiled baking sheet. Drizzle it with olive oil and season with salt and pepper. Thinly slice the scallions. Roughly chop the choy sum and cilantro. Peel and mince the garlic and ginger. Peel and small dice the carrot.



Bake the tofu:

Bake in the **tofu** in the oven 18 to 20 minutes, or until browned on both sides, turning over once halfway through baking.



Cook the quinoa:

While the tofu bakes, add the **quinoa** to the boiling water. Cook 15 to 17 minutes, or until tender. Drain thoroughly.



Cook the vegetables:

In a large pan or wok, heat some oil on high until hot. Add the **carrot** and cook 2 to 3 minutes, or until it starts to soften, stirring occasionally. Stir in the **garlic** and **ginger**; cook for 30 seconds, or until fragrant, stirring. Add the **choy sum** and cook about 2 minutes, or until bright green, stirring.



Add the tofu, quinoa & sauces:

When cool enough to handle, small dice the **baked tofu** and add it to the pan or wok, stirring to combine. Stir in the **drained quinoa**, **mirin**, **soy sauce**, **sesame oil**, and **half the scallions**. Cook 2 to 4 minutes, or until any moisture has evaporated and everything is crisped. (If the ingredients start to stick to the bottom of the pan, use a spatula to scrape off any crispy parts.)



Plate your dish:

Divide the quinoa “fried rice” between 2 plates. Spoon the **hoisin sauce** over the top of each. Garnish with the **cilantro** and **remaining scallions**. Enjoy!