

Seared Tofu & Snow Peas

with Pink Sesame Rice

The pretty, pink rice you'll use for this dish has an interesting, almost magical backstory. A rice farmer in Madagascar purchased two empty bags to store his crop in. At the bottom of one of the bags, he noticed two unique grains of rice like nothing else he'd ever seen. He planted the seeds and they flourished, bearing gorgeous, pink grains with a buttery, nutty flavor and hints of clove, cinnamon and nutmeg. It's a true story that's as magical as it is tasty!



Ingredients

- 1 Cup Madagascar Pink Rice
- 1 Tablespoon Sesame Oil
- 2 Cloves Garlic
- 1 14-Ounce Package Extra Firm Tofu
- 1 1-Inch Piece Ginger
- 1 Scallion
- ½ Pound Snow Peas
- 1 Tablespoon White Sesame Seeds
- 2 Tablespoons Soy Sauce
- 2 Tablespoons Rice Vinegar
- 2 Tablespoons Cornstarch

Makes 2 Servings
About 690 Calories Per Serving

Instructions

1



Cook the rice:

In a small pot, toss the **rice** with the **sesame oil** until well coated. Stir in **1¾ cups water** and a **big pinch of salt** and heat to boiling on high. Once boiling, cover, reduce the heat to low and simmer 16 to 18 minutes, or until the liquid is absorbed and the rice is tender. Remove from heat and fluff the finished rice with a fork.

2



Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Peel and mince the garlic and ginger. Drain and dry the tofu, then cut into 1-inch cubes. Remove and discard the root of the scallion; slice the scallion on an angle, separating the white bottoms and green tops. Trim off and discard the ends of the snow peas.

3



Toast the sesame seeds & make the slurry:

While the rice continues to cook, heat a large pan (nonstick, if you have one), on medium until hot. Add the **sesame seeds** and toast, stirring occasionally, 2 to 3 minutes, or until browned. Transfer the toasted sesame seeds to a small bowl and set aside. Wipe out the pan. To make the slurry, in a small bowl, combine the **soy sauce**, **rice vinegar**, **half the cornstarch** and **½ cup of water**. Whisk until smooth.

4



Sear the tofu:

In a medium bowl, toss the **tofu** with a little pepper and the **remaining cornstarch**. In the same pan used to toast the sesame seeds, heat 2 teaspoons of oil on medium-high until hot. Add the **coated tofu** and cook, stirring occasionally, 3 to 5 minutes, or until browned and crispy.

5



Cook the vegetables:

Reduce the heat to medium and add the **snow peas**. (If the pan looks dry, add an additional teaspoon of oil.) Cook 1 to 2 minutes, or until the peas are bright green and slightly softened. Stir in the **garlic**, **white parts of the scallion** and **ginger**. Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant.

6



Finish & plate your dish:

Stir the **slurry** into the pan of vegetables and tofu and cook, stirring occasionally, 30 seconds to 1 minute, or until thickened and saucy. Remove from heat and season with salt and pepper to taste. To plate your dish, divide the **rice** and **tofu-vegetable mixture** between 2 plates. Garnish with the **toasted sesame seeds** and **green parts of the scallion**.