

Quinoa & Tofu “Fried Rice”

with Chinese Broccoli & Crispy Shiitake Mushrooms

Fried rice, a classic Chinese stir-fry dish, can be made with countless different ingredients. But here, we’re pushing it to the limit—with delicious results! We’re replacing the rice itself with hearty, nutritious quinoa (a protein-rich grain with a complex, nutty taste). The quinoa’s earthy flavor combines perfectly with crispy tofu, traditional aromatics, Chinese broccoli (actually a type of kale) and shiitake mushrooms.



Ingredients

- 2 14-Ounce Packages Extra Firm Tofu
- 2 Cups White Quinoa
- 12 Ounces Chinese Broccoli
- 7 Ounces Shiitake Mushrooms
- 4 Cloves Garlic
- 4 Scallions
- 2 Carrots
- 1 Large Bunch Cilantro
- ½ Cup Hoisin Sauce

Knick Knacks

- 4 Tablespoons Sweet Soy Sauce
- 2 Tablespoons Rice Vinegar
- 2 Tablespoons Sesame Oil
- 1 2-Inch Piece Ginger
- 2 Teaspoons Black & White Sesame Seeds

Makes 4 Servings

About 550 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Cook the quinoa:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **quinoa** and cook 20 to 22 minutes, or until tender. Drain thoroughly and transfer to a large bowl. Set aside.

2



Prepare the ingredients:

While the quinoa cooks, wash and dry the fresh produce. Drain and pat the tofu dry with paper towels; cut into large cubes. Remove and discard the mushroom stems; thinly slice the caps. Peel and mince the garlic and ginger. Remove the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Peel and cut the carrots into thin matchsticks. Roughly chop the Chinese broccoli leaves and stems. Pick the cilantro leaves off the stems; keep the leaves whole and roughly chop the stems.

3



Cook the tofu:

In a large pan (nonstick, if you have one), heat 1 tablespoon of oil on medium-high until hot. Add the **cubed tofu** in a single, even layer and season with pepper. Cook, flipping occasionally, 12 to 14 minutes, or until evenly browned and crispy on all sides. Transfer to a paper towel-lined plate and set aside.

4



Cook the mushrooms:

In the same pan used to cook the tofu, heat 1 tablespoon of oil on medium-high until hot. Add the **mushrooms** and season with pepper. Cook, stirring occasionally, 4 to 6 minutes, or until softened and browned. Transfer to the plate of cooked tofu and set aside.

5



Cook the vegetables:

In the same pan used to cook the mushrooms, heat 1 tablespoon of oil on medium-high until hot. Add the **garlic, ginger, white parts of the scallions and cilantro stems**. Cook, stirring frequently, 30 seconds to 1 minute, or until softened and fragrant. Add the **carrots and Chinese broccoli leaves and stems**; cook, stirring occasionally, 2 to 3 minutes, or until the carrots have softened and the Chinese broccoli leaves have wilted.

6



Finish & serve your dish:

To the pan of vegetables, add the **hoisin sauce, sweet soy sauce, rice vinegar, half the green tops of the scallions and ½ cup of water**; stir until combined. Add the **cooked tofu and mushrooms**; cook, stirring occasionally, 1 to 2 minutes, or until well combined and heated through. Remove from heat. Add the mixture to the bowl of **cooked quinoa** with the **sesame oil**; toss to combine and season with salt and pepper to taste. Transfer the **“fried rice”** to a serving dish. Garnish with the **cilantro leaves, sesame seeds and remaining green tops of the scallions**. Enjoy!