



Makes 8 to 9 cups
Preparation Time: 25 minutes
Cook Time: 15 minutes

INGREDIENTS:

- 1 12-oz. package firm or extra-firm tofu, drained
- 2 tablespoons brown rice vinegar
- 6 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 1 teaspoon sea salt
- ½ teaspoon ground turmeric (for color)
- 2 cups dry brown jasmine rice, rinsed and drained
- 1 cup thinly sliced scallions
- 1 cup frozen green peas and carrots mix, thawed

Oil-Free Tofu Fried Rice

This plant-based take on a comfort-food favorite skips the oil without skimping on flavor. Start by pressing a block of tofu to remove excess moisture, and then marinate it in an easy ginger-garlic sauce that packs in tons of savory flavor. Crisping up the **tofu** cubes in a skillet creates a delicious, firm texture that you can really sink your teeth into and pairs perfectly with the tender veggies. While you have creative license to add whatever fresh produce your heart desires, the classic homestyle combo of frozen peas and carrots will never fail to delight your taste buds. Mix everything into cooked brown jasmine rice, and stir in the excess tofu marinade to blend all the elements together. Enjoy this dish on its own or add some **sautéed Chinese greens** on the side for a veggie-fueled feast.

For more vegan Chinese recipes, check out these tasty ideas:

- [Sweet and Sour Vegetable Soup](#)
- [Sweet Potato and Shiitake Mushroom Dumplings](#)
- [Sichuan Eggplant with Potatoes](#)
- Or take a look at our full collection of [vegan Chinese recipes](#)

By Darshana Thacker Wendel

- 1** Place tofu between paper towels; add a weight on top and press 15 minutes. Slice tofu crosswise into ¼-inch-thick slabs.
- 2** For marinade, in a shallow container whisk together the next five ingredients (through turmeric) and ¼ cup water. Place tofu in marinade, turning to coat; let stand 20 minutes. Reserve marinade. Meanwhile, cook rice according to package directions.
- 3** Heat an extra-large nonstick skillet over high. Place tofu in a single layer in hot skillet. Cook 4 to 5 minutes per side or until lightly browned. Transfer tofu to a cutting board and let cool. Finely chop.
- 4** Add tofu, scallions, peas and carrots, and reserved marinade to the cooked rice; mix well. Heat through over medium, stirring occasionally. Taste and adjust seasoning. Serve warm.