



ALEX'S TOFU & RICE BOWL

From the Kitchen of: Alex Blume, Marketing Manager, Argus Farm Stop

Preparation Time: 20 minutes | **Cook Time:** 40 minutes | **Yield:** 4 bowls

Common Allergens: Soy, Sesame, Egg (Optional), Dairy (Optional)

"A lovely tofu and rice bowl that is a great breakfast, lunch, or dinner. The tofu is fantastic, and the accompanying veggies can be altered to fit whatever is in season or whatever you have on hand," says Alex, who learned this recipe from a friend and says it's been a go-to meal ever since!

INGREDIENTS:

FOR THE TOFU:

- 1 pound tofu, extra-firm (Alex uses Rosewood brand tofu)
- 3 Tablespoons sesame oil
- 2 Tablespoons soy sauce
- 4 Tablespoons nutritional yeast
- 2 Tablespoons gochugaru (optional)

FOR THE BOWL:

- 2 cups white rice, uncooked
- 3 1/2 cups of water
- High-heat, neutral oil, such as canola oil, olive oil, peanut oil, or coconut oil
- 1 clove garlic, minced
- About 5 ounces of chopped leafy greens, such as spinach, kale, tat soi, broccolini, bok choy, or brussels sprouts
- 1 carrot, chopped into matchsticks
- 1/2 daikon radish, chopped into quarter circles
- Kimchi, for topping
- 4 eggs (optional)
- 1 Tablespoon butter, to fry the egg (optional)

INSTRUCTIONS:

- Cut the tofu into bite-size rectangles or slightly larger. Add the tofu to a bowl and combine with sesame oil, soy sauce, nutritional yeast, and optional gochugaru. Let the tofu marinate for 30 minutes.
- In a rice cooker, pressure cooker, or on a stove, cook the rice in the water. If on the stove, let the water come to a boil, then add the rice. Continue to stir until the rice has cooked.
- About 15 minutes before the rice is perfect, use a pan, preferably a wok, on the stove to cook your ingredients, starting with the tofu.
- Heat some high heat oil in the wok. When hot, put in tofu, with all leftover marinating liquid. Lower to medium heat a couple minutes after the tofu has been added. Toss and stir until tofu is a darker brown on most sides (about 5-10 minutes). Most of the liquid should now be cooked into the tofu. Set aside.
- Add more high heat oil, then add minced garlic. When garlic is hissing and aromatic, add the chopped greens. Cook and stir until the greens are soft (about 3-4 minutes). Set aside.
- **Optional:** Add a little high heat oil. Add in matchstick carrots and/or quarter circle daikon radishes. Cook until they are soft (about 3 minutes). Set aside. Alternatively, include raw.
- **Optional:** Cook one egg per serving: Lower the heat on the wok to low. Add 1 tbsp of butter to the wok. When it has melted, crack the egg on the counter and open it into the wok. Add salt and pepper to it if you would like.

MAKE IT LOCAL: Alex likes to make this dish using all locally grown ingredients purchased at Argus Farm Stop. For rice, which is not available locally, he suggests choosing organic, preferably regenerative rice to reduce the overall environmental impact of the dish.