

RECIPE

Crispy Tofu Rice Bowl

🕒 15 minutes / 1 serving

IF YOU DON'T ALREADY HAVE GOCHUJANG on hand, this recipe is worth picking some up. It's a little sweet, a little spicy, and the perfect complement for this tofu, rice, and cabbage bowl.

INGREDIENTS

- 2 tsp toasted sesame oil, divided
- 2 tsp gochujang (Korean chili paste)
- 1 tsp rice vinegar
- ½ tsp agave
- 4 oz extra-firm tofu, cubed
- ½ cup cooked brown rice
- 2 cups shredded purple cabbage



INSTRUCTIONS

- 1 WHISK** 1 tsp sesame oil, gochujang, vinegar, and agave in a small bowl. Thin with water if too thick to drizzle.
- 2 HEAT** remaining 1 tsp sesame oil in a small nonstick skillet over medium-high. Add tofu and cook until crispy, turning once, about 5 minutes.
- 3 PLACE** rice in a medium bowl; use a slotted spoon to transfer tofu to top of rice.
- 4 ADD** cabbage to skillet and toss over medium-high until cabbage wilts, about 3 minutes. Spoon on top of tofu.
- 5 DRIZZLE** with sauce.

NUTRITIONAL INFO PER SERVING

CALORIES

393

PROTEIN

17 g

FIBER

8 g

CALCIUM

370 g