



KIMCHI FRIED RICE WITH CRISPY TOFU

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 560/SERVING



With the perfect balance between spicy and savoury, this easy Korean rice dish satisfies in every way. It feels nourishing with vegetables, complex carbs and plant based protein, and the taste will make you crave it on the regular! The kimchi adds just the right amount of zing that transforms the fried rice you're used to.

WHAT YOU'LL NEED

- Small pot
- Large pan or wok
- Baking sheet
- Silicon baking mat (optional)
- Oil
- Salt
- Pepper



WHAT'S INSIDE

2 servings 4 servings

Garlic	2 cloves	4 cloves
Green onion	2 stalks	4 stalks
Carrot	1	2
Broccoli	1/2 head	1 head
Bok choy	2 heads	4 heads
Kimchi	1/2 cup	1 cup
Tofu	175 g	350 g
Brown rice	1 cup	2 cups
Tamari	3 tbsp	6 tbsp
Gomasio	1 tbsp	2 tbsp

Nutrition Facts Valeur nutritive

Per Serving (624 g)
pour 1 (624 g)

Calories 560	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 33 g	44 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 46 g	
Fibre / Fibres 11 g	39 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 29 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 1550 mg	67 %
Potassium 1250 mg	27 %
Calcium 950 mg	73 %
Iron / Fer 7.5 mg	42 %

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat the oven to 400°F, then line a baking sheet with a silicone baking mat or grease it lightly with oil. Rinse the **rice**, then add to a small pot with 2 cups of **water** (4 cups for 4 servings) and a pinch of **salt**. Bring to a boil, lower to a simmer then cook covered for 25-30 minutes. Remove from heat and let sit for 5 minutes.



Meanwhile, prepare your ingredients: mince the **garlic**, thinly slice the **green onions**, peel and slice the **carrot** into matchsticks, break the **broccoli** into bite-sized pieces, roughly chop the **kimchi**, separate the **bok choy leaves** and chop in half, and cut the **tofu** into cubes.



Toss the **cubed tofu** with 2 tbsp of **soy sauce** (4 tbsp for 4 servings) and a little bit of **oil**. Spread the **tofu** in one layer on your prepared baking sheet and bake for 25-30 minutes, tossing halfway through.



Heat 2 tbsp of **oil** in a large pan or wok over medium-high heat. Add the **green onions** (reserve some for garnish) and **garlic**, and cook until fragrant (2-3 minutes). Add the **broccoli**, **carrots**, **bok choy**, and **kimchi** to the pan and cook until just tender.

Leave out the kimchi if you don't want it to be spicy.



Mix in the **cooked rice** and remaining **soy sauce**. Season with **salt** and **pepper**, then continue to cook until well combined and heated through.



Divide between plates and top with **crispy tofu**, **remaining green onions**, and a sprinkle of **gomasio** (the sesame salt mix).