



Healthy Plant-based Recipes:

Vegan Fried Rice

Serves 4-6

Ingredients

- 2 cups rice
- 6 cups water
- 1 teaspoon salt
- Stir Fry frozen vegetables 850g
- 450g firm tofu
- Oil for frying
- 2 tablespoons savoury yeast flakes
- 1 tablespoon (+ more for drizzling on tofu) Braggs liquid aminos (alcohol free soy sauce)

Method

- Cook rice with water and salt. Bring to the boil and then simmer with lid on until all the water is absorbed
- Cut tofu into small cubes and fry in a little oil in a large fry pan. Drizzle with Braggs and cook until nicely browned and crispy
- Add frozen veggies into fry pan and stir until heated through
- Season cooked rice with yeast flakes and Braggs and then add vegetables and tofu