Tofu Vegetable Fried Rice

2 bowls of tofu-vegetable fried rice, each with half the complete skillet · Active 40 min · Total 1 hr 5 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• About 2 cups cooked long-grain white rice, promptly chilled and refrigerated within its original 24-hour limit (300 g cooked)

• Plain firm calcium-set tofu, drained, patted dry and cut into 1/2-inch/1 cm cubes (250 g before patting dry)

• 2 large eggs, beaten (100 g edible without shells)

• 2/3 cup frozen green peas (100 g), not thawed

• 1 medium carrot, very finely diced (80 g prepared)

• 1 small onion, finely diced (80 g)

• 1 garlic clove, minced (3 g)

• 2 teaspoons finely grated ginger (4 g)

• 2 tablespoons thinly sliced green onion (20 g)

• 1 tablespoon olive oil (15 ml/about 13.5 g), divided

• 1 tablespoon ordinary soy sauce (15 ml/about 16 g)

• About 2 cups water for cooking peas (480 ml), or package-required amount

Set out

30 cm/12-inch nonstick skillet, Small saucepan and sieve or packet-required equipment for peas, Mixing bowl for raw eggs, Clean plate for cooked egg/tofu, Fork, Broad spatula, Clean towel, Knife and board, Kitchen scale, Food thermometer, 2 serving bowls

Allergens

Soy, Egg, Wheat in ordinary soy sauce. Check labels and substitutions.

Make it

1. Confirm the rice was promptly chilled after cooking and is still within its original 24-hour refrigerated window. Break up cold clumps with a clean fork and keep refrigerated until needed. Cook frozen peas fully to their packet instructions and drain; do not merely thaw them.

2. Heat 1 teaspoon (5 ml) oil in the skillet over medium heat. Add beaten eggs and stir for 2–3 minutes until fully set and 160°F/71°C. Transfer to a clean plate, not the raw-egg bowl.

3. Add another teaspoon (5 ml) oil. Cook dried tofu cubes for 7–9 minutes, turning occasionally, until lightly golden and hot throughout; follow any longer product cooking instructions. Transfer beside the cooked egg. Add the final teaspoon (5 ml) oil, onion and carrot and cook for 7–9 minutes until tender. Add garlic and ginger for 30 seconds.

4. Add the cold rice and stir-fry for 3–4 minutes, breaking remaining clumps gently. Return tofu, egg and cooked peas; add soy sauce and green onion. Continue stirring and turning for 3–5 minutes until the complete mixture reaches 165°F/74°C throughout, checking several places.

5. Divide all fried rice between 2 bowls and eat immediately. Discard uneaten finished portions rather than cooling for another reheating.

A useful kitchen skill

Prepare a clean holding plate for cooked components, break chilled rice clumps before heating and count the rice's reheating only once.

A useful detail

The base starts with 300 g cooked, promptly chilled rice, not 300 g dry grain. The 65-minute total excludes its earlier cooking/chilling but allows vegetable prep and staged skillet work. Finished fried rice has used the rice's one reheating.

Keep it well

Keep ingredients refrigerated until their cooking stage. Once the chilled rice has been reheated in this recipe, eat immediately and discard uneaten finished fried rice. Do not refrigerate it for another reheat. For a smaller meal, cook half the base quantity from the start, keeping the same original rice clock and endpoints.