

## Brown rice bowls with tofu cakes, kale, and orange-ginger sauce

Serves 4

### Ingredients

#### Tofu cakes

- 1 lb. firm or extra firm tofu, pressed
- 3 tbsp. soy sauce or tamari
- 1/3 to 1/2 cup whole wheat flour (or whatever flour you prefer)
- 1/4 cup nutritional yeast
- 1 tsp. Sriracha sauce
- 1 flax or chia egg (1 tbsp. ground flax or chia seeds dissolved in 3 tbsp. water)
- 1 tsp. minced garlic
- 1 tsp. grated fresh ginger
- 2 tbsp. oil

#### Kale

- 10 oz. chopped fresh kale
- 1 tsp. minced garlic
- 1 tsp. sesame oil
- 2 tbsp. soy sauce or tamari
- 2-3 tsp. agave nectar or maple syrup

#### Sauce

- 1/2 cup orange juice
- Zest of one orange
- 1 tsp. minced fresh ginger (or 1/4- 1/2 tsp. ground)
- 2 tbsp. agave (or other sweetener of your choice)
- 1/4 cup soy sauce or tamari
- 3 tbsp. rice vinegar
- 1/2 tsp. Sriracha sauce (more or less to taste)
- 1 tbsp. corn starch dissolved in 1 tbsp. water

#### For serving

- Cooked brown rice
- Chopped scallions and/or cilantro
- Sesame seeds

### Directions

- 1) For the tofu cakes: puree all ingredients except oil in food processor until smooth. Season to taste with more soy sauce/Sriracha sauce/ginger if desired. The mixture should be thick enough to form into slightly sticky balls; if it's not, add a bit more flour, one tablespoon at a time. Put a cooling rack on top of a baking sheet and set aside. Heat up the oil in a medium skillet. To test if it is hot enough, add a bit of the tofu mixture to the pan; it should sizzle but not burn. Add the tofu cakes in roughly two-tablespoon-



sized balls to the oil, press down lightly into cakes, and cook for 3 minutes over medium-high heat, turning halfway through, until golden brown. Place them on the cooling rack above the baking sheet to allow the excess oil to drip off.

- 2) Meanwhile, make the sauce. Heat up all ingredients in a small saucepan and bring to a low boil. Simmer for just a few minutes, whisking to eliminate clumps, until thickened. If the sauce is too thick, add a bit more water.
- 3) You can use the same pan that you used to make the tofu cakes to cook the kale, using any excess oil left in the pan. If there isn't any oil left, heat up one tablespoon more. Add the garlic and sesame oil and cook for 30 seconds to a minute, or until the garlic is golden but not burnt. Add the kale and cook until volume is reduced by about half. Add the soy sauce/tamari and agave and cook until tender, about 5 minutes.
- 4) To serve, spoon cooked rice into serving bowls. Top with tofu cakes, cooked kale, and orange sauce. Sprinkle with sesame seeds and scallions and/or cilantro, if desired.  
Enjoy!