

Indian-Tex Mex fusion power plates with spicy tofu, chunky guacamole, garlicky kale, and cilantro-lime brown rice

Serves 3-4

Ingredients

Rice

- 2 cups vegetable broth
- ¼ tsp salt
- Zest of two limes
- 1 cup brown rice
- 2-3 tbsp. lime juice
- ¼ cup chopped fresh cilantro

Tofu

- 14-oz. package firm or extra-firm tofu, drained and cut into bite-sized cubes
- 1 tsp. ground cumin
- 1 tsp. ground turmeric
- 1 tsp. ground coriander
- 1 tsp. paprika
- ¼ tsp. cinnamon
- ¼ tsp. cayenne
- ¼ tsp. salt
- ¼ cup water
- 2 tbsp. oil

Guacamole

- 1 medium avocado, mashed
- 1-2 tbsp. lime juice
- ¼ cup chopped fresh cilantro
- ½ cup quartered cherry or grape tomatoes
- Salt to taste
- Pinch of cayenne

Kale

- 1 tbsp. olive oil
- 2-3 cloves minced garlic
- 5 oz. lacinato kale, roughly chopped
- Salt and pepper to taste

Directions

- 1) Let's start with the tofu. In a small bowl, whisk together all spices, salt, water, and 1 tbsp. of oil. Put the tofu into a large resealable (Ziploc) bag, pour in the marinade, and lightly toss to coat the tofu. Marinate in the fridge for at least 30 minutes, or up to overnight. Heat up remaining 1 tbsp. oil in a sauté pan. Add the tofu and cook over medium-high heat for about 15 minutes, turning



occasionally, until the tofu is golden brown and firm on all sides. Pour into a bowl and set aside.

- 2) Now for the rice. Bring the broth, lime zest, and salt to a boil. Add the rice and simmer for about 20 minutes, or until tender. Stir in the cilantro and lime juice and turn off the heat.
- 3) Guac time! Just mix everything together in a bowl. That's it. Season with salt and cayenne to taste.
- 4) And then the kale. Heat up oil in the same sauté pan that you used to cook the tofu (you don't have to do this, but the extra spices left in the pan will help season the kale and it's one less pan to clean!). Add the garlic and cook for about 30 seconds, just until fragrant. Add kale and sauté for about 5 minutes, or until tender but not mushy. Season with salt and pepper to taste.
- 5) Serving time! Put some rice on a plate, top with tofu, guacamole, and kale. Sprinkle extra cilantro on top if you're feelin' fancy. Enjoy!