

Pineapple fried rice with cashews

Serves 6-8

Ingredients

- 5 cups cooked brown rice (about 2 cups uncooked)
- 3 tbsp. vegetable oil, divided use
- 1 tbsp. sesame oil, divided use
- 1 tbsp. minced garlic
- 2 small Thai red chilies, finely chopped
- 12 oz. broccoli, cut into small florets
- 8 oz. carrots, cut into small pieces (same size as broccoli)
- 1 medium bell pepper, cut into bite-sized pieces
- One 20-oz. can diced pineapple
- 3 tbsp. soy sauce, divided use
- 1-2 tbsp. tamari
- 1 tbsp. Sriracha sauce (more or less to taste)
- 1 lb. extra firm tofu, pressed (to press tofu, wrap in a dish cloth and cover with a heavy object. Let sit for 15-30 minutes, or until firm and dry)
- ½ bunch green onions, sliced thinly on the diagonal
- Chopped cilantro
- 1 cup cashews, toasted in a dry pan until golden (1-2 minutes)



Directions

- 1) Heat up 2 tbsp. of the vegetable oil and 2 tsp. of the sesame oil in a large wok. Add the garlic and chilies and cook for about 30 seconds, or until the garlic is slightly golden and fragrant. Add the broccoli and carrots and cook over medium-high heat until slightly browned, about 2-3 minutes. Add the bell pepper, pineapple, and soy sauce and cook for another 5 minutes or so, until all the vegetables are tender.
- 2) Meanwhile, heat up the remaining 1 tbsp. vegetable oil and 1 tsp. sesame oil in a smaller wok or sauté pan. Crumble the tofu into the pan and add the green onions. Sauté for about 5 minutes, or until the tofu is slightly golden and the green onions are a bit charred.
- 3) Add the cooked rice and tofu-green onion mixture to the vegetables and stir. Add Sriracha sauce and tamari to taste, depending on how salty and spicy you want it.
- 4) Top with chopped cilantro and toasted cashews and enjoy!