



VEGAN FRIED RICE

25 minutes | makes 4-6 portions

INGREDIENTS

2 tbsp extra-virgin olive oil
1 red onion, finely chopped
1 red bell pepper, finely chopped
1 carrot, peeled and cut into thin quarter slices
250 gr. firm tofu, drained, washed and chopped into little cubes

2 tsp ground turmeric
1 tsp sea salt (or to taste)
1/2 tsp ground cumin
1/2 tsp ground coriander
1/2 tsp paprika
1/2 tsp black pepper
1/4 tsp ground ginger

1/2 head of broccoli, chopped into small florets
1 cup | 150 gr. frozen peas

3 cups | 450 gr. **basmati rice**
(see how to cook basmati rice in the blog)

1/3 cup | 45 gr. sunflower seeds
lemon wedges
fresh cilantro or parsley, finely chopped
2 garlic cloves, central germ removed and finely chopped

STEP BY STEP

Start by gathering, preparing and measuring all of the ingredients. This will improve your dynamic in the kitchen.

1. Heat the olive oil in a large, wide pan over medium-high heat.
2. Add the onion, bell pepper and carrot, and cook for 6 minutes or until the veggies are soft and the onion is translucent, but not brown.
3. Add the tofu and garlic and cook for 6 minutes, stirring often, or until the tofu is lightly toasted and crispy.
4. Add all of the spices and mix well to combine. Allow to cook the spices for 2 minutes.
5. Add the broccoli and peas and cook for two minutes.
6. Pour in the water, cover the pan and allow the veggies to steam for 3 minutes.
7. Uncover, mix well and continue to cook until all of the water evaporates.
8. Add the basmati rice, one cup at a time, and the sesame seeds and mix gently. Cook for a further 5 minutes in order to toast the rice.
9. Serve immediately, drizzled with fresh lemon juice and sprinkled with chopped fresh herbs.

This fried rice keeps well stored in an airtight container in the fridge for 5 days.



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