

Plant-Based Takeout-Style Fried Rice

Serves 6-8

Ingredients

TOFU “EGG”

- 2 tsp *Coconut Oil*
- 14 oz *Firm-Tofu*
- ¼ tsp *Turmeric*
- *Sea Salt*

FRIED RICE

- 8 cups *Cooked Rice* (cooked rice that has sat in the fridge for 2 hours - overnight is ideal)
- 3 tbsp *Coconut Oil*
- 1 *Yellow Onion* diced
- 6 *Green Onions* chopped
- 6 *Garlic Cloves* minced
- 4 *Carrots* finely diced (2 cups)
- 1 ⅓ cup *Frozen Peas*
- *Sea Salt & Pepper* to taste
- *Kimchi* for garnishing

SWEET & NUTTY SAUCE

- 6 tbsp *Liquid Aminos*
- 2 tbsp *Peanut Butter*
- 4-6 tbsp *Coconut Sugar or Maple Syrup*
- 2-4 tsp *Chili Garlic Sauce* (more or less depending on preferred spice)
- 2 tsp *Toasted Sesame Oil*

Instructions

SWEET & NUTTY SAUCE

1. Prepare the sauce by adding the *liquid aminos*, *peanut butter*, *coconut sugar (or maple syrup)*, *chili garlic sauce* and *toasted sesame oil* to a medium-size mixing bowl and whisking to combine.
2. Taste and adjust flavor as needed, adding more *liquid aminos* for saltiness, *peanut butter* for creaminess, *sugar or syrup* for sweetness, or *chili garlic sauce* for heat.

TOFU “EGG”

3. Heat the *coconut oil* over medium-high heat in a large skillet.
4. Use your hands to crumble the *tofu* into the pan, then add in the *turmeric* and stir well.
5. Use a spatula to break up the *tofu* further, if any piece is too large.
6. Sauté for 3-5 minutes, until the *tofu* is yellow and the *turmeric* has completely dissolved.

7. Transfer the **tofu** into a small bowl and season with **sea salt** to taste.

FRIED RICE

1. Use your hands to break up the **cooked cold rice** until no large clumps remain.
2. Warm the **coconut oil** in the same skillet over medium-high heat.
3. Add the **onion, white parts of the scallions, and garlic to the pan**; sauté for 3-5 minutes, until the **onion** is translucent and golden.
4. Then, add in the **carrots, peas, and sea salt and pepper** to taste; sauté for an additional 2-3 minutes, until the peas have thawed.
5. Bring the heat to high, then add in the **separated rice**.
6. Mix everything together with a spatula until the **vegetables** are evenly incorporated.
7. Then, cook the **rice** for 5-7 minutes, stirring only occasionally. This enhances the flavor of the rice, and allows some crispy bits to form.
8. Reduce the heat to medium-high; form a well in the center of the skillet, then pour in **HALF** the **sweet & nutty sauce**.
9. Quickly stir the **fried rice mixture** around, to evenly coat everything. Sauté for an additional 1-2 minutes, until the extra liquid has evaporated.
10. Turn the heat off, then stir in the **tofu "egg"**, the rest of the **sweet nutty sauce** and **green parts of the scallions**. Add additional salt and pepper, if desired.

SERVE & ENJOY!

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

Find the video of this recipe and other videos about natural healing by visiting:

www.youtube.com/@feelbetterliving

Learn more about about our mission by visiting: www.feelbetterliving.com