GLOBAL · LUNCH · DINNER

One-Pot Zesty Tofu and Tomato Rice

60 min · Serves 4 · 597 kcal a serve · Video 5:59 · Food Impromptu

Vegan · Gluten-free ingredients · No nuts listed

Made with a full 400 g block of tofu, each serve has about 26 g of plant protein, plus calcium and iron, in a simple one-pot meal with no added sugar.

Diet notes: Low saturated fat (3.2 g, 5% of the energy).

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Ingredients 12 · SERVES 4

- [ ] 400 g **firm tofu**, drained, patted dry and cubed
- [ ] 300 g **white basmati rice**, washed and soaked 30 minutes
- [ ] **Olive oil**: 3–4 tbsp light olive oil, for frying the tofu and onion
- [ ] 200 g **onion**, finely chopped
- [ ] 1 tbsp **garlic**, finely chopped (4–5 cloves)
- [ ] ½ tsp each **dried oregano**, rosemary and thyme
- [ ] ¼ tsp **cayenne pepper** (optional)
- [ ] 1¼ tsp **salt** in total, or to taste
- [ ] 250 ml **strained tomatoes** (passata)
- [ ] 500 ml **vegetable broth**
- [ ] 10 g **parsley**, chopped
- [ ] ½ tsp **ground black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash the rice until the water runs clear and soak it for 30 minutes. Cut the tofu into cubes and leave them on paper towel to drain. 0:20
2. Heat the oil in a wide pan and fry the tofu with a pinch of salt over medium heat, 2–3 minutes per side, until lightly golden. Set aside. 1:15
3. In the same pan fry the onion with a little salt over medium-high heat until it starts to caramelise. Lower the heat, add the garlic, dried herbs and cayenne and cook 1 minute. 2:08
4. Add the passata and cook until it becomes a thick paste and the oil separates. Stir in the drained rice, the remaining salt and the broth, and bring just to a gentle simmer. 3:14
5. Cover, turn the heat to very low and steam about 20 minutes until the rice is tender. Gently fold in the tofu, parsley and black pepper, cover and rest 4–5 minutes. 4:20

> **Tip** Makes 3–4 serves; the numbers are for 4. Keeps 3–4 days in the fridge; reheat until steaming hot. Brown basmati adds fibre (use a little more broth and cook longer).

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
597 kcal	**26** g	**78** g	**5.4** g	**22** g	**1,090** mg
2,500 kJ	51% of a day	73 g net · 6.1 g sugars	19% of a day	3.2 g saturated	47% of a day
		28% of a day		28% of a day	

Energy from net carbs 49% · protein 18% · fat 33%

High in (20%+ of a day) Selenium 66% · Calcium 58% · Vitamin K 46% · Omega-3 46% · Zinc 28% · Magnesium 25% · Iron 24% · Vitamin B6 22%

Source of (10–19%) Vitamin E 17% · Vitamin C 16% · Folate 15% · Potassium 14%

Recipe and video: Food Impromptu (@FoodImpromptu) on YouTube — youtube.com/watch?v=5k--6jHqAjE, published 3 June 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/one-pot-zesty-tofu-tomato-rice