

# Pineapple Fried Rice

Prep Time: 35 Minutes

Cook Time: 20 Minutes

Serves: 8 - One Cups Servings

## Ingredients

### Tofu:

- 1 block 12 oz extra-firm tofu drained and cut into small cubes (no need to press)
- 2 tablespoons soy sauce (if preferred gluten free)
- 1 tablespoon sesame oil (divided)
- 1 teaspoon garlic powder

### Fried Rice

- 1 tablespoon light oil
- 1 red bell pepper chopped
- 1 medium carrot chopped
- 1 bunch (about 6) green onions chopped
- ½ cup raw cashews
- 4 cloves garlic minced or pressed
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- 3 cups cooked and cooled rice (leftover rice works great)
- 1 can 14 fl oz pineapple tidbits drained (save the juice or 1 cup freshly chopped)
- ½ cup fresh or frozen peas
- 2 tablespoons soy sauce (if preferred gluten free)

# Preparation

## Tofu:

- In a medium bowl Add the tofu cubes , Drizzle with soy sauce, ½ tablespoon sesame oil, and garlic powder, and toss to coat.
- Let the tofu marinate and absorb the flavors for about 10 minutes. (I like to chop and prep the remaining ingredients while the tofu marinates).
- When ready to cook the tofu, heat the remaining ½ tablespoon sesame oil in a large skillet or non-stick pan over medium-high heat. Add the tofu and any remaining marinade. Cook, stirring occasionally until the tofu is browned all over, about 5 - 10 minutes. Transfer the tofu to a dish and set aside.

## Fried Rice:

- Return the skillet to the stove over medium-high heat. Heat the light oil, then add the red pepper, carrot, green onions, cashews, and garlic. Sauté, stirring often, until the vegetables just begin to soften and brown about 5 minutes. Sprinkle with curry powder and cumin, and cook for 1 minute until fragrant.
- Stir in the cooked tofu, rice, pineapple, peas, soy sauce heating thoroughly. If the rice seems dry, add a splash of reserved pineapple juice as needed. Serve hot.

allow any leftovers to cool before transferring to an airtight container. Stores in the fridge for 3 - 5 day or freeze for up to 3 months.