

## ORANGE TOFU & ASPARAGUS FRIED RICE

### INGREDIENTS

- 1 block of firm tofu
- 2 Tbsp Tamari soy sauce
- 1 Tbsp maple syrup
- apple cider vinegar
- 2 Tbsp almond milk
- juice of 1/2 orange
- 5cm grated ginger
- 1 cup of cooked brown rice
- olive oil
- 1 onion
- 2 garlic cloves
- 1/2 cup of peas (fresh or frozen)
- 10 apparatus stems cut in pieces

### PREPARATION

1. Preheat oven to 200°C. Cube tofu, toss with Tamari sauce, place on a baking sheet and bake for about 15min or until the edges are crispy.
2. In a small pan, heat the milk, Tamari sauce, maple syrup, vinegar, ginger and orange juice and cook until the sauce gets thicker and a bit sticky. Then add the baked tofu, combine well and set aside.
3. In the meantime cook the rice.
4. In a large pan, heat the olive oil, add finely chopped onion, minced garlic cloves and keep stirring until the onion becomes transparent. Then add asparagus and green peas and a small splash of water. Cover and cook for 3 min, then add cooked rice and combine well.
5. Add the tofu with the sauce and again combine all well.