

CopyCat Panda Express Fried Rice

Ingredients

1 cup long-grain rice – uncooked (or 2 cups leftover cooked rice)
2 tablespoons extra virgin olive oil
 $\frac{1}{2}$ cup carrot – cut into small pieces
 $\frac{1}{2}$ cup fresh shelled peas – or 1 cup frozen peas and carrots, thawed
 $\frac{1}{2}$ cup white onion – diced small
4 ounces tofu, pressed
 $\frac{1}{2}$ teaspoon turmeric
1 teaspoon garlic powder
2 tablespoons tamari
 $\frac{1}{2}$ teaspoon sesame oil
 $\frac{1}{8}$ teaspoon ground pepper
 $\frac{1}{2}$ teaspoon salt

Directions

Four simple steps and you will have a great base.

First – cook the rice. If you have a rice cooker – go for it! If not follow these steps.

In a large sauce pan bring 2 cups of water to a boil. Add the rice and stir well.

Return the water to a boil and then reduce heat and cover.

Simmer over a medium-low heat for 20 minutes – do not peak. The water will be absorbed and the rice will be light and fluffy when it is done.

Spoon the rice out into a large bowl or flat baking sheet and let it cool off. This actually makes the fried rice better.

If you are using fresh vegetables then while your rice is cooking heat a tablespoon of the olive oil to a skillet or wok and heat to medium-high.

Add the diced onions and carrots and saute for about 5 minutes.

Remove the veggies from the pan and add another tablespoon of oil to the skillet and heat to medium-high.

Add the tofu, turmeric, garlic powder, salt and pepper. Stir and cook for about 5 minutes breaking up the tofu as you go.

Add the cooked rice and sauteed veggies to the skillet.

Cook and stir for about a minute. The rice will still be white.

Add the tamari and sesame oil.

Sauté/fry the rice mixture for 5 minutes, stirring and turning frequently until mixture is mixed well and hot all the way through. As you cook, the rice will pick up some of the turmeric and tamari and turn golden.

All ready and serve up.