

Stir Fried Vegetable Rice

Ingredients

1/2 cup	Cooked rice
2 cups	Raw veggies (your choice)
1/4 cup	Finely chopped onion
1 tsp	Crushed/grated ginger
1 tsp	Cumin seeds or powder
1 tsp	Oil
Pinch	Red paprika
1 tsp	Garam masala
1/2 tsp	Turmeric
	Salt, to taste



Instructions

Vegetables:

1. Cook onion and ginger in oil till golden brown. Add cumin seeds and cook for 30 seconds.
2. Add vegetables and cook to desired softness.
3. Add turmeric, salt, paprika and cook for 30 seconds. Add garam masala. Add frozen rice, a little water, and cover.
4. Cook for 1 minute covered, then mix thoroughly.

Tofu:

8. Coat small cubes of tofu in salt, turmeric, and garam masala.
9. Stir fry in 1 tsp oil until coating is nice and brown.

Add tofu to rice. Serve with mango chutney or garnish with cilantro.