

Roasted Tofu with Garlickly Kale and Coconut Rice

Recipe by Lauren Kretzer

Serves 3-4

Ingredients:

Roasted Tofu

1 (14 oz) block extra firm tofu, drained
¼ cup tamari
2 Tbsp extra virgin olive oil
2 Tbsp rice vinegar
2 cloves garlic, minced
1 Tbsp minced ginger
1 Tbsp pure maple syrup
Salt, to taste

Coconut Rice

1 cup basmati rice, rinsed and drained
¾ cup coconut milk
¾ cup water
1 Tbsp pure maple syrup
¾ tsp salt

Garlickly Kale

2 Tbsp extra virgin olive oil
3 cloves garlic, minced
10 cups chopped kale, tightly packed
¼ cup water
1 Tbsp tamari
Salt, to taste

Instructions:

Gently squeeze block of tofu to release excess liquid. Pat dry with a clean kitchen cloth or paper towels. Cut lengthwise into ½" slabs, and then each slab diagonally into 2 triangles.

In a small baking dish or medium sized bowl, whisk together the tamari, olive oil, rice vinegar, garlic, ginger and maple syrup. Place tofu in marinade and gently toss to coat. Let tofu marinate for at least 20 minutes, and up to 1 hour. While tofu is marinating, preheat oven to 425 degrees. Line a rimmed baking sheet with parchment paper or a silicone baking mat.

Place marinated tofu on prepared baking sheet, spooning a small amount of excess marinade on top of each triangle. Roast for 20 minutes, turning halfway – tofu should be golden brown and crisp on the edges. Season to taste with additional salt, if necessary.

While tofu is roasting, make the coconut rice. Place basmati rice, coconut milk, water, maple syrup and salt in a large saucepan. Bring to a boil, stir once, and then immediately reduce heat to low and cover. Let simmer, undisturbed and covered, for 14-15 minutes, or until liquid has evaporated and rice is cooked through. Let rest offheat, covered, for an additional 5 minutes. Fluff with a fork and place in a bowl.

To make kale, heat 2 Tbsp of olive oil in a large pan over medium heat. Add garlic and cook for 1 minute, or until fragrant. Add kale, water and tamari and cook 6-7 minutes, or until

liquid has evaporated and kale has wilted and is tender. Season to taste with additional salt, if necessary.

To serve, place a portion of coconut rice in the bottom of a shallow bowl. Top with kale and several slices of tofu. Repeat with remaining ingredients to form additional servings. Serve immediately.