THE LIGHTER PLATE METHOD

Tofu & Peanut Fried Cauliflower Rice

A nutty, savoury take on fried rice that's actually a full head of cauliflower in disguise.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**4**	**EASY**

Ingredients

- 1 large head cauliflower (blitzed to rice-sized pieces)
- 280 g firm tofu (cubed)
- 100 g frozen peas
- 2 carrots (diced)
- 2 tbsp peanut butter
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 30 g crushed peanuts (to serve)

Method

1. Press the tofu between kitchen paper for a few minutes, then cut into cubes.
2. Heat a little oil in a large wok or frying pan and fry the tofu for 5–6 minutes, until golden on most sides. Remove and set aside.
3. Add the carrots to the pan and cook for 3 minutes, then add the cauliflower rice and peas and stir-fry for 5 minutes.
4. Whisk the peanut butter, soy sauce and sesame oil with 2 tbsp hot water until smooth, then pour over the cauliflower rice.
5. Return the tofu to the pan, toss everything together and scatter with crushed peanuts.

Tips & swaps

- Don't overcook the cauliflower rice — a few minutes is plenty, or it turns mushy instead of staying rice-like.
- Swap peanut butter for tahini if you need this nut-free (though tahini itself contains sesame).

Storage & reheating

Keeps in the fridge for 2 days; reheat in a hot pan to keep the texture.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**18g**	**18g**	**20g**	**8g**

Estimated values, for guidance only. Contains: Peanuts, Soya.