

Tofu Fried Rice

Yield: 4 min
Total Time: 18 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-recipe-with-tofu-mushroom-and-capsicum>

Ingredients:

- 1 cup basmati rice
- 200 grams tofu cubed
- 1 bay leaf
- 1 teaspoon cinnamon powder
- 2 onions medium sized, finely chopped
- 4 spring onions finely chopped
- 4 tablespoons greens spring onion, finely chopped
- 1/2 capsicum julienned
- 1 small carrot peeled and julienned
- 8 mushrooms chopped
- 5 garlic pods finely chopped
- 1 tablespoon ginger garlic paste
- 1 teaspoon soya sauce
- 1 tablespoon chili sauce green
- 6 tablespoons oil
- salt to taste

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 51 grams
3. Fat: 24 grams
4. Fiber: 4 grams
5. Protein: 10 grams
6. SaturatedFat: 2 grams
7. Sodium: 360 milligrams
8. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Tofu Fried Rice above. You can see more 20 indian recipe with tofu mushroom and capsicum Try these culinary delights! to get more great cooking ideas.