

Brown Rice Bowl with Lemongrass, Tofu and Cashews

Yield: 3 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-brown-basmati-rice-recipe>

Ingredients:

- 8 ounces extra firm tofu
- 3 tablespoons soy sauce divided
- 2 1/2 tablespoons vegetable oil flavorless, such as grapeseed
- 1/2 onion thinly sliced
- 3 tablespoons lemongrass grated, white part only
- 1 teaspoon ginger grated
- 1 clove garlic minced
- 1/4 teaspoon red pepper flakes optional
- 2 teaspoons lime juice
- 3 cups brown basmati rice cooked
- 1/4 cup cashews toasted and coarsely chopped
- 1/4 cup cilantro leaves coarsely chopped

Nutrition:

1. Calories: 1020 calories
2. Carbohydrate: 156 grams
3. Fat: 32 grams
4. Fiber: 10 grams
5. Protein: 32 grams
6. SaturatedFat: 5 grams
7. Sodium: 930 milligrams
8. Sugar: 4 grams

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