



Miso Baked Tofu & Rice

4 servings

40 minutes

Ingredients

- 2 2/3 tbsps Miso Paste
- 2 2/3 tbsps Tamari
- 2 tbsps Maple Syrup
- 643 grams Tofu (extra firm, drained and cubed)
- 1 1/3 cups Brown Rice
- 2 1/3 cups Water
- 1/3 tsp Sea Salt
- 1/3 cup Corriander (roughly chopped)

Nutrition

Amount per serving	
Calories	413
Fat	11g
Saturated	2g
Carbs	59g
Sugar	9g
Protein	23g
Cholesterol	0mg
Sodium	1434mg

Directions

- 1 Preheat the oven to 200°C and line a baking tray with baking paper.
- 2 In a small bowl, whisk together the miso paste, tamari and maple syrup. Add the tofu to a large bowl. Pour the mixture over top and mix well. Let it marinate for 10 minutes.
- 3 Meanwhile, combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 4 While the rice is cooking, add the marinated tofu to the baking tray. Cook for 25 minutes, flipping halfway through.
- 5 Plate the rice and add the tofu on top. Garnish with corriander. Enjoy!

Notes

- Leftovers,** Refrigerate in an airtight container for up to three days.
- Miso Paste,** This recipe was developed and tested using white miso.
- No Brown Rice,** Use jasmine rice or cauliflower rice instead.
- More Flavor,** Add a drizzle of sesame oil or chili flakes for some heat.
- Additional Toppings,** Add your favorite vegetables.