Main dishes / Japan

Japanese short-grain rice with firm tofu and cauliflower · Japan

A complete grain dish with firm tofu, cauliflower and a Japan-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g Japanese short-grain rice
- ☐ 500 g cauliflower
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g firm tofu
- ☐ 25 g white miso paste
- ☐ 10 g sesame seeds

Let's make it.

01 Cook the Japanese short-grain rice in plenty of water according to its packet, then drain well.

02 Clean the cauliflower and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the cauliflower and cook for a few minutes. Add a splash of water, cover and cook for 10 minutes.

04 Dice the firm tofu and fry for eight to ten minutes until golden and piping hot.

05 Combine the cooked grain, vegetables and main ingredient. Stir in the white miso paste, finely grated fresh ginger, sesame seeds and taste before serving.

AI-developed, not kitchen-tested.

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