Main dishes / Netherlands

brown rice with firm tofu and fennel · Netherlands

A complete grain dish with firm tofu, fennel and a Netherlands-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g brown rice
- ☐ 500 g fennel
- ☐ 1 g ground nutmeg
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g firm tofu
- ☐ 15 g mild mustard
- ☐ 10 g chives

Let's make it.

01 Cook the brown rice in plenty of water according to its packet, then drain well.

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

03 Heat the oil and soften the onion for five minutes. Add the fennel 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 mild mustard, ground nutmeg, chives and taste before serving.

AI-developed, not kitchen-tested.

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