Main dishes / United States

long-grain rice with firm tofu and butternut squash · United States

A complete grain dish with firm tofu, butternut squash and a United States-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g long-grain rice
- ☐ 500 g butternut squash
- ☐ 2 g ground cumin
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g firm tofu
- ☐ 3 g smoked paprika
- ☐ 10 g fresh parsley

Let's make it.

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

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

03 Heat the oil and soften the onion for five minutes. Add the butternut squash and cook for a few minutes. Add a splash of water, cover and cook for 15 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 smoked paprika, ground cumin, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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