

Marni's Pineapple Fried Rice @ 5pm Saturday 5th August

Ingredients:

- 250g cooked brown rice
- 100g Tofu (cubed)
- 100g Pineapple (chunky cut)
- 50g carrots (cubed)
- 50g Garden pea
- 50g sweetcorn
- 50g onions (chopped)
- 15g chashew nuts
- 2 cloves Garlice (finely chopped)
- 1 spring onion (finely sliced)

- 2-3 tbsp Vegetable oil
- 2 tsp light soy sauce
- ½ tsp sugar
- ¼ tsp lemon juice
- 1/8 tsp turmeric powder
- 1 pinch salt and black pepper
- ½ red chilli (sliced)
- 4 leaves coriander (optional)

Method:

Gently fry the tofu until crispy and golden in colour. Remove and set aside

In the same pan, gently fry the onion with the vegetable oil until it turns translucent. Add the garlic and continue to cook until the garlic turns light yellow (approx. 1 minute)

Add the carrot, garden pea, sweet corn, and turmeric powder, stir well

Put the rice, pineapple and fried tofu. Season with the soy sauce, sugar, lemon juice, salt and pepper. Stir until the oil and seasonings cover the rice well

Transfer the rice into the serving dish. Garnish with the cashew nuts, red chilli slices, coriander and spring onion. Serve immediately

This is the vegan version but if you want to use the normal version, click the link:

<https://www.thaifoodmadeeasy.com/thai-pineapple-fried-rice/>