

Herb Seared Tofu with Ginger Jasmine Rice, Garlic Lemon Arugula and Beet Reduction

Chef Marble of The Hollow Bistro

Recipes makes: 2 Servings



Ingredients-

- ♥ ¼ tsp Sea Salt
- ♥ ¼ tsp Black Pepper
- ♥ ¼ tsp Parsley
- ♥ ¼ tsp Sage
- ♥ ¼ tsp Rosemary
- ♥ ¼ tsp Thyme
- ♥ ¼ tsp Basil
- ♥ ¼ tsp Mint
- ♥ ¼ tsp Tarragon
- ♥ 1/8 tsp Coriander
- ♥ ¼ tsp Cumin
- ♥ 1 tsp Lemon Juice
- ♥ ½ oz Honey
- ♥ ¼ tsp Garlic
- ♥ ¼ tsp Ginger
- ♥ ¼ tsp Shallot
- ♥ ¼ tsp Chive
- ♥ 6 oz Extra Firm Tofu
- ♥ 12 oz Arugula
- ♥ 3 oz Beets
- ♥ 3 oz Sweet Peas
- ♥ 1 oz D'Avolio Truffle Oil
- ♥ 3 oz D'Avolio Jasmine Rice (dry)
- ♥ 1 oz Artichoke
- ♥ 2 oz Tomato
- ♥ 1 oz Kalamata
- ♥ 14 oz Water

PREPARATION:

1. Preheat oven to 400 degrees F.
2. Fill a pan with just enough water to cover bottom. Bring water to a full boil over high heat. While water is heating, trim and discard the stems and tough outer leaves of artichokes.
3. When water is boiling, place steamer insert in pot and set artichokes in steamer, stem-side down. Cover pot with lid and allow artichokes to steam for approximately 20 minutes, until tender.
4. Wash beets to remove dirt and coat with D'Avolio Extra Virgin Olive Oil, bake in oven 1 to two hours or until soft. Peel and chop beets and combine with 6oz. water over low heat until water is evaporated. Puree and slowly add honey.
5. Chop all herbs and combine except for mint, arugula, chive and basil. Let dry or wring with paper towel.
6. Brunoise chive. Chiffonade basil and mint. Mince garlic and ginger. Thinly slice or shave shallot.
7. Combine rice, ginger, cumin, coriander and 5oz. water over high heat until it comes to a boil, remove from heat cover with tight fitting lid and place in oven for 20 to thirty minutes or until soft. Fluff with fork and add mint, salt and pepper to taste.
8. Combine water, sweet peas, and shallot with basil and simmer for thirty minutes.
9. Puree peas while slowly adding D'Avolio Truffle Oil and season with salt and pepper to taste.
10. Firmly press tofu with paper towels to remove any excess moisture, liberally season both sides with salt and pepper and firmly press in mixed chopped herbs.
11. Heat sauté pan with olive oil until "light smoke" and add garlic, when the garlic begins to brown add arugula and toss. Add artichoke, Kalamata, and tomato and remove from pan. Return pan to heat, add olive oil and return to light smoke, sear tofu for about two minutes and flip, place pan in oven for about ten minutes. Remove from oven and slice thinly. Squeeze lemon juice on arugula to finish. Enjoy!

Nutrition Facts	
Serving Size: 3oz tofu, 1 C arugula & rice	
Servings: 2	
Amount Per Serving	
Calories 510	Calories from Fat 200
% Daily Value*	
Total Fat 23g	35%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 60g	20%
Dietary Fiber 9g	35%
Sugars 14g	
Protein 20g	
Vitamin A 100%	• Vitamin C 100%
Calcium 50%	• Iron 40%
*Percent Daily Values are based on a 2,000 calorie diet.	