

Thai Peanut Rice Bowl

The Vegan Gym · Lunch · Dinner · GF

695 cal · 43g protein · 79g carbs · 23g fat · 1 serving

Ingredients

- 1 cup cooked brown rice
- 4 oz baked tofu cubed
- ½ cup steamed edamame shelled
- ½ cup shredded carrot
- ½ cup shredded cabbage
- ¼ cup sliced cucumber
- 1 tbsp chopped peanuts
- sliced green onions for garnish
- Thai peanut sauce:
 - 2 tbsp peanut butter
 - 1 tbsp soy sauce
 - 1 tbsp rice vinegar
 - 1 tsp maple syrup
 - 1 clove garlic minced
 - 1 tsp fresh ginger grated

Instructions

1. Cook brown rice according to package directions. Let cool slightly.
2. Press and cube tofu. Bake at 400°F for 20-25 minutes until crispy, or pan-fry in a skillet until golden.
3. Steam edamame according to package directions.
4. Make the Thai peanut sauce: whisk together peanut butter, soy sauce, rice vinegar, maple syrup, minced garlic, and grated ginger until smooth. Add a splash of water to thin if needed.
5. Assemble the bowl: place rice in the base, top with baked tofu, edamame, shredded carrot, shredded cabbage, and sliced cucumber.
6. Drizzle with Thai peanut sauce and garnish with chopped peanuts and sliced green onions.

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