

Buckwheat Rice with Shredded Tofu



Discover our delicious recipe for Buckwheat Rice with Shredded Tofu. Indulge in a flavorful blend of delicate textures in this vegetarian and nutritious dish, perfect for a balanced diet.

Preparation 15 min

Cooking 22 min

Servings 2

Nutrition Facts (per serving)

Calories 500

Fat 22

Carbohydrates 53

Fibre 16

Protein 31

Sodium 100

Ingredients

- 125 ml (1/2 cup) buckwheat
- 250 ml (1 cup) of water
- 1 ml (1/4 tsp) salt
- 10 ml (2 tsp) of oil
- 4 chopped green onions (without the white for the weak diet in FODMAPS)
- 1 carrot, diced

- 500 ml (2 cups) kale, choppe
- 250 ml (1 cup) green vegetables of your choice (green beans, broccoli, peppers)
- 225 g of shredded tofu
- 15 ml (1 tbsp) white wine vinegar
- Salt and pepper to taste

Toppings (optional)

- 15 ml (1 tbsp) garlic-flavoured oil
- 60 ml (1/4 cup) fresh Parmesan cheese
- The juice of ½ lemon
- Fresh herbs of your choice (Sage, basil, parsley, oregano etc)

Note: Horium sells organic tofu filaments. You can also take regular firm tofu and cut it into cubes or shred it for this recipe.

Preparation

1. In a saucepan, bring water to a boil. Add the buckwheat and salt and cook over low heat for about 10 minutes, covered.
2. In a non-stick pan, grill the green onions for about 2 minutes before adding the carrots, kale and green vegetables.
3. Cook for 5 minutes before adding the shredded tofu.
4. Add white wine vinegar, salt and pepper and mix.
5. Add the cooked buckwheat to the pan and mix well. Cook for 5 more minutes and remove from heat.
6. Divide into bowls, then garnish with the garlic-flavoured oil, Parmesan cheese, lemon juice and fresh herbs.

Notes



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