

Tofu & Peas

This Tofu & Peas bowl is a fast, flavorful vegetarian dinner that's ready in about 15 minutes. Crispy, golden tofu cubes are seasoned with warm garam masala and tossed with sweet peas and creamy feta for a savory, satisfying bite. Served over fluffy rice, it's a simple, balanced meal with minimal prep and big flavor. This 2 Brain recipe keeps things manageable while still feeling fresh and nourishing.



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Estimated time: 15 minutes
Category: Dinner, Vegetarian
Recipe Serves 2-3 people
Can be doubled

Equipment:

Cutting board
Medium chef's knife
Large saute pan
Large heat-resistant spoon
½ cup measuring cup
Bowls and spoons for serving

Ingredients

1 package Extra firm tofu
1 bag Steamable frozen peas
1 package 90-second microwave rice
½ cup crumbled feta cheese
1-2 teaspoons Garam masala seasoning
Drizzle (about a teaspoon) Vegetable or Olive Oil
Salt & Pepper to taste
Chopped cashews (optional topping)

Instructions

- Prep the tofu. Drain the tofu and pat dry with paper towels. Cut into large cubes.
- Microwave peas and rice separately according to package instructions.
- Heat oil in saute pan on medium-high heat.
- Add tofu to hot pan, season with garam masala and salt and pepper if desired. Cook for 3-4 minutes. Flip and cook for an additional 3-4 minutes.
- Turn off burner and stir in peas (do not drain) and feta into the tofu until the cheese begins to melt.

Serve tofu mixture over rice and enjoy!

Optional Step 6:

Chop ¼ cup of cashews and sprinkle on top before serving.

Notes & Tips:

- If garam masala is not your thing, try curry powder or just salt and pepper.
- Feta is usually found in the "fancy" cheese section at the grocery store. You can typically buy feta already crumbled in a plastic container. Or skip the feta if it's not for you.
- Stove tops vary. If the oil is splattering, either cover the pan with a lid or reduce the heat. Remember, cooking should be healthy AND safe!