

Citrus rice salad

Recipe contributed to Oxfam America by Giada De Laurentiis

INGREDIENTS

Tofu

- 1 (12-ounce) container extra-firm tofu, drained and patted dry
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried thyme
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Rice salad

- 1/2 cup sliced almonds, toasted
*see Cook's Note
- 4 cups low-sodium chicken broth
- 1/2 teaspoon kosher salt
- 2 tablespoons extra-virgin olive oil
- 2 cups brown basmati rice, rinsed
- 3/4 cup chopped fresh flat-leaf parsley
- 1 medium orange, zested
- 1 large lemon, zested
- 1 cup thinly sliced green onions

Vinaigrette

- 1/2 cup extra-virgin olive oil
- 1/4 cup fresh orange juice
- 3 tablespoons fresh lemon juice (about 1 large lemon)
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 1/2 teaspoons ground cumin
- 3/4 teaspoon kosher salt, plus extra for seasoning
- 1/2 teaspoon freshly ground black pepper, plus extra for seasoning

INSTRUCTIONS

For the rice salad: In a medium saucepan, bring the chicken broth, salt, and oil to a boil over medium-high heat. Stir in the rice, cover the saucepan, and simmer until all the liquid has been absorbed and the rice is tender, about 40 minutes. Remove the pan from the heat and allow to rest for 5 minutes. Using a fork, fluff the rice and place in a large serving bowl. Add the parsley, orange zest, half of the lemon zest, green onions, and 1/4 cup of the almonds. Toss well. While the rice is cooking, prepare the tofu.

For the tofu: Place a nonstick skillet or grill pan over medium-high heat. Cut the tofu in half horizontally. Cut each half into 2 pieces crosswise. Brush each side with olive oil and season with thyme, salt, and pepper. Cook the tofu for 2 to 3 minutes each side until light golden. When cool enough to handle, cut into 3/4-inch cubes and add to the rice.

For the vinaigrette: In a blender, combine the olive oil, orange juice, lemon juice, soy sauce, honey, cumin, 3/4 teaspoon salt, and 1/2 teaspoon pepper. Blend until smooth. Season with salt and pepper to taste.

Pour the vinaigrette over the rice and tofu. Toss gently until coated. Season with salt and pepper to taste. Garnish with the remaining lemon zest and almonds.

**Cook's Note: To toast the almonds, arrange in a single layer on a baking sheet. Bake in a preheated 350 F oven for 5 to 7 minutes until lightly toasted. Cool completely before using.*

Yield

4 to 6 servings

Prep time

14 minutes

Cooking time

45 to 46 minutes

Inactive prep time

5 minutes

Sorn Ken, rice farmer

Sorn is among thousands of Cambodian farmers using the System of Rice Intensification, an innovative growing method that yields more rice using fewer pesticides and less water—essential in a region experiencing increasingly erratic rainfall. The method even inspired Sorn, 55, to help develop a new tool for weeding her two-acre plot. “It’s better for the soil,” she said, and means less time spent in the fields.

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