"Pan-fried Vegetables and Mushrooms with Fried Tofu Cubes"

Natural Tofu

Serves 4:

Note

Serve the dish with rice or fine noodles. Instead of champignons you can also use shiitake, slippery jacks or oyster mushrooms.

Ingredients

400	g	Taifun Natural Tofu
300	g	champignons
½	bunch of	spring onions
150	g	carrots
100	g	sugar peas
150	ml	vegetable stock
1		small onion
6	tbsp	vegetable oil
1	tbsp	mild curry powder
2		mild red chili peppers
1	tbsp	soya sauce (shoyu)
	some	salt, freshly ground pepper

Preparation

Pat the Tofu dry with paper towels and cut into regular cubes. Clean the spring onions and cut them diagonally into small rings. Peel the onion and chop them finely. Remove the seeds of the chili peppers and cut the peppers into small rings. Clean the mushrooms, remove the lower stems and quarter the mushrooms. Peel the carrots, cut in half and diagonally into thin half-moon shaped slices. Clean the sugar peas and cut them into slices of about 2 cm.

Heat half of the oil in a wok or cast iron pan. Fry the Tofu over medium heat repeatedly turning until golden brown on all sides, add soya sauce, cook down a little, remove from the pan and set aside. Pour the remaining oil into the pan, heat briefly. Sauté the chopped onion and chili peppers. Add the sliced carrots and sugar peas and sauté for 5 minutes. Add the curry powder and stir well. Then add the mushrooms and fry for another 3 minutes. Finally, fold in the Tofu cubes and spring onions. Add the vegetable stock and bring it to a quick boil. Season to taste with salt and pepper.

Taifun