

# Bok Choy Vegolian

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## Ingredients

300g mushrooms (I used Oyster mushrooms and tore them up but button mushrooms would also work if sliced)  
250g tofu cut into strips  
2 tsp corn starch  
1 tbsp tamari  
2 tsp brown rice vinegar  
¼ tsp smoked paprika  
1 tbsp oil  
1 onion sliced  
3 small bunches bok choy roughly chopped  
1 head broccoli cut into long pieces  
1½ tsp Chinese 5 spice (looks like I need to write a blog on how to make this)

Sprinkling of salt or to taste  
¼ cup filtered water  
3 extra tbsp tamari  
2 tbsp rice malt syrup or agave (if you don't want to do this then add 2 tbsp date paste. To make date paste soak 1 cup dates for 1 hour in boiling water. Strain from water and blend dates in a blender)  
1 tbsp lime juice  
½ tsp cracked white pepper

## Method

1. Mix the corn starch with 1 tbsp tamari, smoked paprika and brown rice vinegar until well combined. Add the mushrooms and tofu to this and mix until everything is coated.
2. In a wok add the oil, onion, pepper and sprinkling of salt and cook for a few minutes then add the Chinese 5 spice and chilli and cook for a further minute or so.
3. Add the mushrooms, tofu and any remaining sauce they were sitting in and fry until the liquid has absorbed.
4. Add the broccoli and bok choy and fry and toss for a few minutes then add the tamari, and up to ¼ cup water. You want liquid but not a soup.
5. Add in the lime juice and taste test and adjust to your palette.



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