

Mongolian Tofu and Mushrooms

Ingredients

400g mushrooms sliced
2 onions cut in half then sliced
1 bunch bok choy roughly chopped
1 block tofu (375g)
2 tbsp avocado or sunflower oil
2 tbsp tamari
2 tsp apple cider vinegar
1 tsp white or black pepper ground
1 to 2 cups water

Marinade

1 tbsp rice flour
2 to 3 tbsp tamari
4 tsp rice vinegar
½ tsp liquid smoke or smoked paprika

Method

1. Cut the tofu into strips 1 cm wide and about 3 cm long. Place in a baking dish with a splash of oil salt and pepper and bake for 20 minutes.
2. Make the marinade and coat the mushrooms in it.
3. In a wok add the oil and cook the onion for a few minutes then add the mushrooms and cook for 5 minutes. Next add the bok choy, tamari, pepper, water and apple cider vinegar and cook until the bok choy is wilted. Mix in the tofu and serve with cooked rice.



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