



# Braised tofu with mushrooms

Prep: 20 minutes • Cook: 40 minutes • Serves: 4



## Ingredients

300g white rice  
160g carrots, peeled and sliced  
2 pak choi, sliced  
1 oyster mushroom cluster (approx. 150g)  
2 king oyster mushrooms (approx. 200g)  
2 tablespoons vegetable oil  
700g (2 cartons) firm/extra firm tofu  
1 tablespoon oyster sauce  
1 tablespoon low-salt soy sauce  
1 tablespoon caster sugar  
2 teaspoons cornflour  
2 cloves garlic, finely chopped (optional)

- 1** Cook the rice according to the packet instructions. Par-boil the carrots and pak choi for 5-10 minutes and drain the water afterwards.
- 2** Separate the oyster mushrooms from the cluster and slice the king oyster mushrooms.
- 3** Fry the tofu in a pan with one tablespoon of oil until golden on both sides. Cook in batches until all tofu is cooked (approximately five minutes each side). Move the tofu onto a clean plate with kitchen towel on it to absorb the excess oil.
- 4** Add the garlic (if using), carrots, both types of mushrooms and pak choi into the heated pan with the other tablespoon of oil. Stir-fry them until they soften.
- 5** Put the cooked tofu back into the pan. Add the oyster sauce, soy sauce and sugar. Stir gently.
- 6** Mix the cornflour with one teaspoon of cold water. Slowly pour in the fluid and stir gently at the same time. Cook until the sauce is thickened and then serve with the rice.

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low fat (less than 3g/100g) ✗  
Carbohydrate **75g**  
Low protein ✗  
Low salt ✓  
Cost per portion (Sept 2022) **£2.57**  
Energy in kcals **515**