

TOFU STEAK WITH WILD MUSHROOMS, PAK CHOI AND INDONESIAN SOY SAUCE



USED BRESC PRODUCTS



Ginger & lime WOK 450g



Green & red chilli WOK
450g

INGREDIENTS

4 

- 500 g tofu
- 250 g chestnut mushrooms
- 1 head pak choy
- 250 g beans
- 1 carrot
- 1 red onion
- 100 g bean sprouts
- 50 g peanuts
- ½ bunch green asparagus
- 20 g Bresc Garlic chopped
- 20 g Bresc WOKginger
- 10 g Bresc WOKchilli
- 1 dl Indonesian soy sauce
- 1 dl chilli sauce
- emping (nut crackers)

PREPARATION METHOD

Slice the tofu into four slices and fry them in oil until golden-brown. Put to one side. Cut the onion into half rings and the beans in half. Clean the carrot and cut into slices. Slice the mushrooms and cut the green asparagus into lozenges. Fry everything well in a hot pan and add the chilli, ginger and garlic. Add the chilli sauce and Indonesian soy sauce and continue cook briefly. Heat the tofu briefly in the oven. Serve with the vegetables and some emping.