

Sliced Tofu Stroganoff with Dry Rice & Summer Vegetables

Serves 4

Approximate preparation time: 30-35 minutes



Quantity	Ingredients	Preparation
Sliced tofu		
280 g	tofu	Prepare the sweet peppers and chanterelles and cut into chunks. Cut the tofu into cubes and marinate with spices. Finely chop the parsley, onions and garlic. Fry the tofu and chanterelles in hot olive oil. Add the sweet peppers, onions and garlic and sauté together. Deglaze with white wine and sauté until the vegetables are tender. Turn off the heat, add the crème fraîche and stir everything together. Add herbs and season to taste (salt sparingly). Whisk the eggs and lightly season. Poach in hot butter. Cut the omelette into strips and use as a garnish.
1	onion	
1 tbsp	butter	
3 cloves	garlic	
1 tbsp	olive oil	
50 g	chives	
10 g	parsley	
4 tbsp	white wine	
1	red pepper	
80 g	crème fraîche	
330 g	fresh chanterelle mushrooms	
1 tsp	salt	
3 small	eggs	
Dry rice		
230 g	rice	Cook rice in salted water. Add butter to taste.
2 pinches	salt	
Mixed vegetables		
1 tsp	butter	Prepare asparagus, carrot, broccoli and kohlrabi, and cut into chunks as desired. Blanch the asparagus and broccoli, sauté the mixed vegetables, carrot and kohlrabi in butter and vegetable stock. Garnish with rocket.
60 g	raw asparagus	
1 tsp	vegetable stock	
1	carrot	
60 g	broccoli	
60 g	kohlrabi	
2 g	salt	
2 tbsp	water	
150 g	mixed vegetables	

Fun fact:

With about 15 g of protein per 100 g, tofu is a true protein bomb.