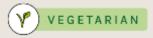
Sliced Tofu Stroganoff with Dry Rice & Summer Vegetables Serves 4

Approximate preparation time: 30-35 minutes





	Quantity	Ingredients	Preparation
Sliced tofu	I		
	280 g	tofu	Prepare the sweet peppers and chanterelles
	1	onion	and cut into chunks. Cut the tofu into cubes
	1 tbsp	butter	and marinate with spices. Finely chop the
	3 cloves	0	parsley, onions and garlic. Fry the tofu and
	1 tbsp		chanterelles in hot olive oil. Add the sweet
	50 g	chives	peppers, onions and garlic and sauté
	10 g	parsley	together. Deglaze with white wine and sauté
	4 tbsp		until the vegetables are tender. Turn off the
	1	red pepper	heat, add the crème fraîche and stir
	80 g	crème fraîche	everything together. Add herbs and season
	330 g	fresh chanterelle	to taste (salt sparingly).
		mushrooms	Whisk the eggs and lightly season. Poach in
	1 tsp	salt	hot butter. Cut the omelette into strips and
	3 small	eggs	use as a garnish.
Dry rice			
	230 g	rice	Cook rice in salted water. Add butter to
	2 pinches	salt	taste.
Mixed vegetables			
-	1 tsp	butter	
	60 g	raw asparagus	Proparo asparagus, carrot braccoli and
	1 tsp	vegetable stock	Prepare asparagus, carrot, broccoli and kohlrabi, and cut into chunks as desired.
	1	carrot	Blanch the asparagus and broccoli, sauté
	60 g	broccoli	the mixed vegetables, carrot and kohlrabi in
	60 g	kohlrabi	butter and vegetables, carol and konitability
	2 g	salt	rocket.
	2 tbsp	water	
	150 g	mixed vegetables	

Fun fact:

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