



bit spicy

# Tofu & Chinese Mushroom Stir Fry

This tofu and mushroom stir fry is so simple that you will not believe it could be so tasty! The result is a delicate and delicious dish. Particularly good served with egg fried rice, but still lovely with plain rice if you are opting for a truly vegan meal. The flavours are dependent on using Chinese mushrooms (widely available online or in Asian supermarkets), so do not substitute fresh or even shitake dried ones! **serves 2**

- about 12 dried chinese mushrooms, soaked for several hours in (initially) warm water
  - 200g tofu, pressed to squeeze the liquid out, then sliced
  - 2 tbsp vegetable oil
  - 1 tsp salt
  - 1 tsp sugar
  - 1 tsp white ground pepper
  - 2 cloves garlic, crushed
  - 2 spring onions
  - 2 tbsp rice wine or dry sherry
  - 1 tsp sesame oil
  - 2 tsp cornflour mixed with a little water
  - 1 tbsp soy sauce (plus more to serve)
1. Chop up the whole of the spring onions: chop the green part on the diagonal for a garnish, and chop the stalk finely.
  2. Mix the salt, sugar and pepper together in a bowl.
  3. Squeeze the mushrooms, and discard any tough stalks, reserving the soaking water.
  4. Heat the vegetable oil in a wok, fry the garlic for a minute then fry the mushrooms for a couple more minutes.
  5. Add 150ml of the mushroom soaking water and bring to the boil, then add the salt/sugar/pepper mix and the rice wine. Add the spring onions and the tofu (stir very gently so it does not break up). Cook for 2 minutes.
  6. Add the sesame oil, then blend the cornflour with the soy sauce and stir in.
  7. Serve immediately, scattered with the reserved spring onion, and with soy and chilli sauces on the side.