



TOFU AND CHICKEN STIR-FRY WITH VEGETABLES

(SERVES 4)

INGREDIENTS

- 300g firm tofu, made with *Pink Lake Nigari*
- 4 dried or fresh shitake mushrooms
- 1 tablespoon oil
- 250g minced chicken
- 1 tablespoon ginger, grated
- 1 carrot, cut into thin strips with a potato peeler
- 1 tablespoon sugar
- 2 tablespoons light soy sauce
- 4 spring onions, cut into slivers
- 1 large egg, beaten

METHOD

- Soak the dried mushrooms in some hot water until soft.
- Drain and squeeze out any excess water.
- Slice the fresh or soaked mushrooms into thin slices.
- Put the tofu on a plate and break up with a fork (coarsely).
- Tip onto kitchen paper and leave to drain.
- Heat the oil in a fry pan over a medium heat.
- Add the chicken and cook, breaking it up into small pieces. This should take 3-5 minutes.
- Add the ginger and the mushrooms.
- Cook for another 3 minutes.
- Add the carrot.
- Increase the heat slightly and cook for 2 minutes.
- Reduce the heat and add the drained tofu.
- Stir gently for about a minute until heated through.
- Put the soy sauce into a small bowl and dissolve the sugar into it.
- Add the mix to the beaten egg. Mix together.
- Add the egg mix into the pan and cook, mixing gently for 2 minutes, until just cooked.
- Serve immediately sprinkled with the spring onions.

Notes

- Use other vegetables instead of carrot.
- Add some toasted cashew nuts for a bit of crunch.

[Pink Lake Nigari](#) an organically certified coagulant to enhance your Tofu making.

