Vegan Mushroom and Tofu Stir-Fry

Fit fish
Fit for MORE

This vegan mushroom and tofu stir-fry is not only delicious and satisfying but also packed with Vitamin D from the mushrooms and tofu. Enjoy this nutritious meal as part of a balanced vegan diet!
You can of course replace the tofu with Vitamin D rich meat or fish.

Prep: 15 min   Cook: 15 min   Beginner

Makes 4

1 block approx 400g) of firm tofu, pressed and cubed

2 cups of sliced mushrooms (such as shiitake, portobello, or cremini)

1 red pepper, sliced

1 yellow pepper, sliced

1 onion, sliced

3 cloves of garlic, crushed

1 tablespoon of ginger, finely grated

2 tablespoons of soy sauce

1 tablespoon of sesame oil

1 tablespoon of rice vinegar

1 tablespoon of maple syrup

2 tablespoons of nutritional yeast

1 teaspoon of turmeric powder

Cooked brown rice or quinoa, for serving

Fresh coriander or spring onions, for garnish

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Method

1. Heat a tablespoon of sesame oil in a large pan or wok over medium heat. Add the cubed tofu and cook until golden brown on all sides. Remove from the pan and set aside.
2. In the same pan, add a bit more sesame oil if needed, then add the sliced mushrooms, peppers, and onion. Stir-fry for 5-7 minutes until the vegetables are tender.
3. Add the garlic and ginger to the pan and cook for another minute until fragrant.
4. In a small bowl, whisk together the soy sauce, rice vinegar, maple syrup, nutritional yeast, turmeric powder, salt, and pepper. Pour the sauce over the vegetables in the pan and stir to combine.
5. Add the cooked tofu back to the pan and toss everything together until the tofu is coated in the sauce and heated through.
6. Serve the stir-fry hot over cooked brown rice or quinoa. Garnish with fresh coriander or spring onions, if desired.

Allergen Information

Contains soy, wheat, seasame