

Korean Tofu and Mushroom Stir Fry with Fermented Flavours



This dish has unique flavour with fermented condiments, is gluten free and has low sodium. Shared with us by Kimchi Club.

INGREDIENTS

- 500g firm tofu
- 100g oyster mushrooms
- 1/4 cup rice flour
- 1/4 cup olive oil
- 1/3 cup gluten free and low sodium soy sauce
- 1/3 cup filtered water
- 1 Tbs coconut sugar or dark sugar
- 1 tsp Kimchi Club's fermented ginger
- 1 tsp Kimchi Club's fermented garlic
- 1 tsp Kimchi Club's fermented chilli

Serves 5

METHOD

1. Slice the tofu into 1 cm thick slabs and sprinkle with rice flour on all sides
2. Heat a large frying pan between medium to high heat and add olive oil
3. Add the tofu to the pan in a single layer and cook on each side for about 1 minute or until browned
4. Once the tofu is cooked remove from the frying pan
5. Add oyster mushrooms into the frying pan and sauté for about five minutes to brown
6. Remove from frying pan
7. Add soy sauce, water and coconut sugar to the pan and let it to boil and dissolve the sugar for one minute
8. Add the tofu and oyster mushroom back into the frying pan and gently cover with sauce, and thicken the sauce for another minute
9. Remove the tofu and mushrooms into a shared serving plate
10. Add fermented ginger, garlic and chilli into the frying pan and mix with the sauce
11. Pour the sauce on top of the tofu and serve
12. Ideal Serving suggestion: serve with Kimchi Club's Naked Kimchi with warm rice cooked with multi grains (white, brown and black rice) and seeds (quinoa and chia seeds)

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